



TOWN OF PELHAM  
**PARKS & RECREATION**  
DEPARTMENT



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## **PILATES FUSION CALENDAR**

### **For 2025 - 2026**

CERTIFIED FITNESS INSTRUCTOR: Alison Fournier

Pilates Fusion is an active recovery fitness class designed to condition the body with exercises rooted in Pilates, drawing influence from yoga and cardio techniques to warm the body. This class is a mindful workout focused on realigning the body with an emphasis on posture, strength, flexibility, and stability. The classes are led by certified fitness instructor Alison Fournier and done in just 45 minutes! Bring your own mat and water bottle. For adults, men, and women, age 16 and older.

**Location:** Hobbs Community Center, 8 Nashua Rd., Pelham NH

**Time:** TUESDAYS- 5:30-6:15 or 6:30-7:15  
(choose your time)

**Session I:** 6 Tuesday classes **\$60.00** (Sept. 9 – Oct. 14)

**Session II:** 6 Tuesday classes **\$60.00** (Oct. 21-Dec. 2; skip Nov. 11)

**Session III:** 6 Tuesday classes **\$60.00** (Dec. 9– Jan. 20 skip Dec. 30)

**Session IV:** 5 Tuesday classes **\$50.00** (Jan. 27– March 3; skip Feb. 24)

**Session V:** 7 Tuesday classes **\$70.00** (March 10– April 21) **\*Classes resume May 5\***

**Session VI:** 8 Tuesday classes **\$80.00** (May 5– June 23)

Registration forms can be found at our Parks and Recreation office or register online at [pelhamnh.recdesk.com](http://pelhamnh.recdesk.com). Register for one session or all sessions. The program is subject to cancellation due to insufficient sign-ups or inclement weather. Email [recreation@pelhamweb.com](mailto:recreation@pelhamweb.com) or call 603-635-2721 with any questions.

Thank you!