

# PELHAM PARKS AND RECREATION

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## YOGA CALENDAR For 2019 - 2020

**CERTIFIED YOGA INSTRUCTOR: Heidi Weishaar**

Open to adults of all ages! This will be an active, alignment focused yoga class combining strength building poses linked with graceful vinyasas. Students will explore deep stretches and breath work. Each class will conclude with a relaxing savasana to round out this practice for a full mind body workout experience. All levels welcome but please note this is an "active" class. Bring floor mat and water bottle to each class. Yoga blocks and strap recommended but not required. If you have a medical condition, we ask for a doctor's note permitting participation.

**Location: Hobbs Community Center, 8 Nashua Rd., Pelham NH**  
**For adults, men and women, age 18 and older!**

**Times: Mondays and/or Wednesdays, 6:30-7:30 p.m.**  
**\*\*\*Fall Promo Special: \$20 off total registration of both nights for Session I\*\*\***

### Session I:

- \_\_\_\_\_ 6 Monday classes \$60.00 (Sept 9 - Oct 21; skip Oct 14)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (Sept 11 - Oct 23)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00 (Sept 9 - Oct 23; skip Oct 14)

### Session II:

- \_\_\_\_\_ 6 Monday classes \$60.00 (Oct 28 - Dec 9; skip Nov 11)
- \_\_\_\_\_ 6 Wednesday classes \$60.00 (Oct 30 - Dec 11; skip Nov 27)
- \_\_\_\_\_ 12 Monday/Wednesday classes \$120.00; (Oct 28 - Dec 11; skip Nov 11 & 27)

### Session III:

- \_\_\_\_\_ 6 Monday classes \$60.00 (Jan 6 - Feb 17; skip Jan 20)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (Jan 8 - Feb 19)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00 (Jan 6 - Feb 19; skip Jan 20)

### Session IV:

- \_\_\_\_\_ 8 Monday classes \$80.00 (March 2 - Apr 20)
- \_\_\_\_\_ 8 Wednesday classes \$80.00 (March 4 - Apr 22)
- \_\_\_\_\_ 16 Monday/Wednesday classes \$160.00 (March 2 - Apr 22)

### Session V:

- \_\_\_\_\_ 6 Monday classes \$60.00 (May 4 - June 15; skip May 25)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (May 6 - June 17)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00 (May 4 - June 17; skip May 25)

Check [www.pelhamweb.com/recreation](http://www.pelhamweb.com/recreation) for notices on changes or cancellations.

We will endeavor to email registered adults with any changes in the schedule. Once you have completed one registration form, you need only make payments for any additional sessions in the (school) calendar year.