

# PELHAM PARKS AND RECREATION

6 Village Green, Pelham, NH 03076

Phone: 603-635-2721

Email: recreation@pelhamweb.com

Fax: 603-508-3094

## YOGA CALENDAR

**For 2023 - 2024**

**CERTIFIED YOGA INSTRUCTOR: Daryle Hillsgrove/Melissa Ramsay**

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 breathwork. Each class will conclude with a relaxing savasana to round out this practice for a full mind-body workout experience. All levels are welcome but please note this is an "active" class. Bring a floor mat and water bottle to each class. Yoga blocks and straps are 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.**

### Session I:

- \_\_\_\_\_ 6 Monday classes \$60.00 (Sept 11 - Oct 23 skip Oct 9)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (Sept 13 – Oct. 25)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00 (Sept 11 – Oct. 25; skip Oct 9)

### Session II:

- \_\_\_\_\_ 7 Monday classes \$70.00 (Oct.30 - Dec 11)
- \_\_\_\_\_ 6 Wednesday classes \$60.00 (Nov. 1 – Dec 13; skip Nov 22)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00; (Nov. 2 – Dec 14; skip Nov. 23)

### Session III:

- \_\_\_\_\_ 6 Monday classes \$60.00 (Jan 8 - Feb 19; skip Jan 15)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (Jan 10 - Feb 21)
- \_\_\_\_\_ 13 Monday/Wednesday classes \$130.00 (Jan 8- Feb 21; skip Jan 15)

### Session IV:

- \_\_\_\_\_ 7 Monday classes \$70.00 (March 4 - Apr 15)
- \_\_\_\_\_ 7 Wednesday classes \$70.00 (March 6 - Apr 17)
- \_\_\_\_\_ 14 Monday/Wednesday classes \$140.00 (March 6 - Apr 17)

### Session V:

- \_\_\_\_\_ 7 Monday classes \$70.00 (Apr.29 - June 17; skip May 27)
- \_\_\_\_\_ 8 Wednesday classes \$80.00 (May 1 - June 19)
- \_\_\_\_\_ 15 Monday/Wednesday classes \$150.00 (May 1 – June 19; skip May 27)

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.