

The Gorham Parks & Recreation Department presents

# Yoga and Yoga/Pilates Strong

With certified yoga instructor Anne Bennett



Class: Yoga (Modifications for all levels of fitness)

When: Mondays from 5:30 - 6:30pm

Bring: yoga mat and water

Cost: \$5.00

Class: Yoga/Pilates Strong

(Modifications for all levels of fitness)

When: Thursdays from 4:30-5:30pm

Bring: yoga mat, water and weights  
(1-5 lb., can be purchased at Walmart)

Cost: \$5.00

Where: Gorham Parks & Recreation Department  
33 Exchange Street, Gorham, NH

\*Punch cards can be purchased for discounted prices.

\$40.00 for 10 classes, (\$10.00 discount, 2 free classes)

FMI - Contact Andrea at 603-466-9866 or email [apearl@gorhamnh.org](mailto:apearl@gorhamnh.org).