



Adaptive Pilates Class

at Hot HouseNH

Inclusive class designed for individuals with:

- Physical disabilities
- Intellectual and developmental disabilities
- Communication disabilities
- Other support or accessibility needs

A support person may attend to assist the participant throughout class.

**All abilities and experience levels are welcome.
Exercises can be modified to meet individual needs.**

**ONE SATURDAY A
MONTH
FIRST CLASS: OCTOBER
10
HOT HOUSE YOGA NH,
CONCORD NH
10\$ DROP-IN
11:15 AM–12:00 PM**

- ✓ **THIS 45-MINUTE NON-HEATED MAT PILATES CLASS FOCUSES ON BUILDING STRENGTH, MOBILITY, CONFIDENCE, AND BODY AWARENESS IN A SUPPORTIVE ENVIRONMENT.**
- ✓ **PLEASE BRING:
YOGA MAT • WATER • TOWEL
MATS ARE ALSO AVAILABLE TO RENT AT THE STUDIO.**

EMAIL OR CALL AVA TO SIGN UP



401-536-5979



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