

winter '21 schedule

Winter Term: 12 week term
Begins week of January 4, 2021
Last classes on March 27, 2021

Cost: 1 class \$198 (\$210 after Dec. 20)
2 classes \$356.40 (\$378 after Dec. 20)
Level V (2 hr) \$216 (\$228 after Dec. 20)
Make checks payable to Paxson Yoga Center

Key to Teachers:

Julie Gudmestad, PT, E-RYT	Beth Paxson, LMT, RYT
Christina Bernunzio, CPT, RYT	Laila Deardorff, MSPT
DeeAnn Dougherty, PT	Hope Fyfield, PT
Denise Jones, RYT	Caroline Klug, PTA, RYT
Rachel Lundberg, RYT	Stuart Stark, PT

All classes will be taught over Zoom. In-studio classes have space for 5-7 students.

BEGINNING LEVELS

Day	Level	Time	In-Studio	Instructor
Monday	I	9:30 am - 11:00 am		Hope
Wednesday	I	11:30 am - 1:00 pm		Hope
Thursday	I	6:30 pm - 8:00 pm	●	Denise
Saturday	I	10:00 am - 11:30 am	●	Hope
Monday	II	11:30 am - 1:00 pm	●	Hope
Monday	II	6:00 pm - 7:30 pm		DeeAnn
Tuesday	II	7:00 am - 8:30 am		Hope
Wednesday	II	9:30 am - 11:00 am		Beth
Wednesday	II	6:00 pm - 7:30 pm	●	Christina
Thursday	II	9:30 am - 11:00 am	●	Rachel
Thursday	II	11:30 am - 1:00 pm		Stuart
Friday	II	10:00 am - 11:30 am	●	Laila
Friday	II	10:00 am - 11:30 am		Beth

Bold indicates new class, teacher, time or level change

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ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	In-Studio	Instructor
Tuesday	Ath III	7:45 pm - 9:15 pm	•	Beth
Wednesday	Ath III	7:15 pm - 8:45 pm	•	Beth

INTERMEDIATE LEVELS

Day	Level	Time	In-Studio	Instructor
Monday	III	9:30 am - 11:00 am		Rachel
Tuesday	III	9:30 am - 11:00 am		Stuart
Tuesday	III	6:00 pm - 7:30 pm		Beth
Wednesday	III	9:30 am - 11:00 am		Laila
Wednesday	III	11:30 am - 1:00 pm		Stuart
Thursday	III	6:00 pm - 7:30 pm	•	Caroline
Friday	III	11:45 am - 1:15 pm	•	Beth
Saturday	III	8:00 am - 9:30 am	•	Hope
Monday	III-IV	6:00 pm - 7:30 pm	•	Beth
Tuesday	III-IV	11:30 am - 1:00 pm	•	Stuart
Tuesday	III-IV	6:00 pm - 7:30 pm	•	Julie
Thursday	III-IV	11:30 am - 1:00 pm		Hope
Friday	III-IV	8:15 am - 9:45 am	•	Laila
Wednesday	IV	7:45 am - 9:15 am		Laila
Wednesday	IV	5:30 pm - 7:00 pm		Julie
Thursday	V	5:30 pm - 7:30 pm*		Julie

*Cost for the 2 hour class is \$228 after December 20

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GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

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