

# spring '21 schedule

**Spring Term:** 8 week term  
Begins week of April 5, 2021  
Last classes on May 29, 2021

**Cost:** 1 class \$140  
2 classes \$252  
Level V (2 hr) \$152  
**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, CIYT
DeeAnn Dougherty, PT	Hope Fyfield, PT
Karen Hearn, CIYT	Denise Jones, RYT
Caroline Klug, PTA, RYT	Rachel Lundberg, RYT
Stuart Stark, PT	

**All classes will be taught over Zoom.** In-studio classes have limited mat spaces.

## 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
<b>Wednesday</b>	<b>II</b>	<b>9:30 am - 11:00 am</b>	●	<b>Hope</b>
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
<b>Tuesday</b>	<b>II-III</b>	<b>7:00 am - 8:30 am</b>		<b>Hope</b>

**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
<b>Friday</b>	III	<b>12:00 pm - 1:30 pm</b>	●	<b>Beth</b>
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
<b>Thursday</b>	III-IV	<b>11:30 am - 1:00 pm</b>		<b>Karen</b>
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 \$152 after March 29

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GUDMESTAD  
YOGA TRADITION

*Paxson Yoga Center*

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