

fall '21 schedule

Fall Term: 12 week term
Begins week of September 13, 2021
Last classes on December 11, 2021
No Classes the week of Thanksgiving

Cost: 1 class \$198 (\$210 after September 6)
2 classes \$356.40 (\$378 after September 6)
Level IV-V (2 hr) \$216 (\$228 after September 6)
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
Hope Fyfield, PT Laura Goff, LAc, RYT
Karen Hearn, CIYT Denise Jones, RYT
Caroline Klug, PTA, RYT

Classes will be in the hybrid model (choice of in-studio or on Zoom/recording), except those indicated with an 'O' (online only)

BEGINNING LEVELS

Day	Level	Time	Studio	Instructor
Monday	I	9:30 am - 11:00 am	A	Hope
Wednesday	I	11:30 am - 1:00 pm	C	Hope
Saturday	I	10:00 am - 11:30 am	A	Hope
Monday	II	11:30 am - 1:00 pm	A	Hope
Monday	ABeg.	6:00 pm - 7:30 pm	O	Denise
Tuesday	ABeg.	9:00 am - 10:30 am	O	Hope
Wednesday	II	9:30 am - 11:00 am	A	Hope
Wednesday	II	6:00 pm - 7:30 pm	B	Christina
Thursday	II	11:30 am - 1:00 pm	A	Laura
Friday	II	10:00 am - 11:30 am	A	Laila
Friday	II	10:00 am - 11:30 am	C	Beth
Tuesday	II-III	7:00 am - 8:30 am	A	Hope

DROP-IN CLASSES

Day	Level	Time	Studio	Instructor
Saturday	ABeg.	9:00 am - 10:30 am	B	Denise

(Use your drop-in pass to attend this class)

Bold indicates new class, teacher, time or level change

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ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Wednesday	AIII-IV	6:30 pm - 8:00 pm	A	Beth

INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Monday	III	9:30 am - 11:00 am	C	Karen
Tuesday	III	9:30 am - 11:00 am	A	Denise
Tuesday	III	6:00 pm - 7:30 pm	A	Beth
Wednesday	III	9:30 am - 11:00 am	C	Laila
Wednesday	III	11:30 am - 1:00 pm	A	Beth
Thursday	ABeg.	6:00 pm - 7:30 pm	O	Caroline
Friday	III	12:00 pm - 1:30 pm	A	Beth
Saturday	III	8:00 am - 9:30 am	A	Hope
Monday	III-IV	6:00 pm - 7:30 pm	A	Caroline
Tuesday	III-IV	11:30 am - 1:00 pm	C	Julie
Wednesday	Int.	5:30 pm - 7:00 pm	O	Julie
Friday	III-IV	8:15 am - 9:45 am	A	Laila
Wednesday	IV	7:45 am - 9:15 am	A	Laila
Thursday	IV-V	5:30 pm - 7:30 pm*	A	Julie

*Cost for the 2 hour class is \$228 after September 6

Bold indicates new class, teacher, time or level change



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

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