

spring '22 schedule

Spring Term: 10 week term

Begins week of April 4, 2022

Last classes on June 11, 2022

Cost:

1 class \$165 (\$175 after March 25)

2 classes \$297 (\$315 after March 25)

Level IV-V (2 hr) \$180 (\$190 after March 25)

Make checks payable to Paxson Yoga Center

Key to Teachers:

Beth Paxson, LMT, E-RYT

Julie Gudmestad, PT, E-RYT

Christina Bernunzio, CPT, RYT

Laila Deardorff, MSPT, CIYT, E-RYT

Hope Fyfield, PT, E-RYT

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	1	9:30 am - 11:00 am	A	Hope
Wednesday	1	11:30 am - 1:00 pm	B	Hope
Saturday	1	10:00 am - 11:30 am	A	Hope
Monday	2	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	2	9:30 am - 11:00 am	B	Laura
Wednesday	2	6:00 pm - 7:30 pm	B	Christina
Thursday	2	11:30 am - 1:00 pm	A	Laura
Thursday	ABeg.	6:00 pm - 7:30 pm	O	Caroline
Friday	2	10:00 am - 11:30 am	A	Laila
Friday	2	10:00 am - 11:30 am	B	Beth
Tuesday	2-3	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	A3-4	6:30 pm - 8:00 pm	A	Beth

INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Monday	3	9:30 am - 11:00 am	B	Karen
Tuesday	3	9:30 am - 11:00 am	A	Denise
Tuesday	3	6:00 pm - 7:30 pm	A	Beth
Wednesday	3	9:30 am - 11:00 am	A	Hope
Friday	3	12:00 pm - 1:30 pm	A	Beth
Saturday	3	8:00 am - 9:30 am	A	Hope
Monday	3-4	6:00 pm - 7:30 pm	A	Caroline
Tuesday	3-4	11:30 am - 1:00 pm	A	Julie
Wednesday	3-4	11:30 am - 1:00 pm	A	Beth
Wednesday	Int.	5:30 pm - 7:00 pm	O	Julie
Friday	3-4	8:15 am - 9:45 am	A	Laila
Thursday	4-5	5:30 pm - 7:30 pm*	A	Julie

*Cost for the 2 hour class is \$180 (\$190 after March 25)

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GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

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