

# fall '22 schedule

**Fall Term:** 12 week term  
Begins week of September 12, 2022  
Last classes on December 10, 2022  
**No Classes the week of Thanksgiving**

**Cost:** 1 class \$198 (\$210 after September 2)  
2 classes \$356.40 (\$378 after September 2)  
Level IV-V (2 hr) \$216 (\$228 after September 2)  
**Make checks payable to Paxson Yoga Center**

## Key to Teachers:

Beth Paxson, LMT, E-RYT      Julie Gudmestad, PT (ret), 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), 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
<b>Monday</b>	<b>2</b>	<b>6:00 pm - 7:30 pm</b>	<b>B</b>	<b>Denise</b>
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	Rotating Staff

(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	11:30 am - 1:30 pm*	A	Julie, Beth, Laila

\*Cost for the 2 hour class is \$216 (\$228 after September 2)

**Bold indicates new class, teacher, time or level change**



GUDMESTAD  
YOGA TRADITION

*Paxson Yoga Center*

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