

winter '23 schedule

Winter Term: 12 week term

Begins week of January 2, 2023

Last classes on March 25, 2023

Cost:

1 class \$204 (\$216 after December 16)

2 classes \$367.20 (\$388.80 after December 16)

Level 4-5 (2 hr) \$216 (\$228 after December 16)

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, E-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	2	6:00 pm - 7:30 pm	B	Denise
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
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
Tuesday	2-3	9:00 am - 10:30 am	B	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
Thursday	3	6:00 pm - 7:30 pm	A	Caroline
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

Bold indicates new class, teacher, time or level change



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

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