

# fall 19 schedule

**Fall Term:** 11 weeks  
 Begins week of September 23, 2019  
**NO CLASSES THE WEEK OF  
 THANKSGIVING**  
 Last classes week of December 9, 2019

**Cost:** 1 class \$160 (\$163 credit card)  
 2 classes \$288 (\$293 cc)  
 Level V (2 hr) \$203 (\$207 cc)

**Key to Teachers:**

Julie Gudmestad, PT	Betsy Allen, PT
Laila Deardorff, MSPT	DeeAnn Dougherty, PT
Hope Fyfield, PT	Caroline Klug, PTA, RYT
Rachel Lundberg, RYT	Beth Paxson, LMT, RYT
Lori Raydo, RYT	Stuart Stark, PT

**BEGINNING LEVELS**

Day	Level	Time	Studio	Instructor
Monday	I	9:30 am - 11:00 am	A	Hope
Monday	I	11:30 am - 1:00 pm	C	Beth
<b>Tuesday</b>	<b>I</b>	<b>6:00 pm - 7:30 pm</b>	<b>B</b>	<b>Caroline</b>
Wednesday	I	11:30 am - 1:00 pm	C	Lori
Thursday	I	6:30 pm - 8:00 pm	B	Caroline
Saturday	I	9:45 am - 11:15 am	A	Hope
Monday	II	11:30 am - 1:00 pm	A	Hope
Monday	II	4:15 pm - 5:45 pm	A	Lori
Monday	II	6:00 pm - 7:30 pm	C	DeeAnn
Tuesday	II	7:00 am - 8:30 am	A	Hope
Tuesday	II	1:30 pm - 3:00 pm	A	Beth
Wednesday	II	9:30 am - 11:00 am	A	Betsy
Wednesday	II	6:00 pm - 7:30 pm	C	Rachel
Thursday	II	9:30 am - 11:00 am	A	Rachel
Thursday	II	11:30 am - 1:00 pm	C	Stuart
Friday	II	10:00 am - 11:30 am	A	Laila
Friday	II	10:00 am - 11:30 am	C	Beth

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

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## ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Tuesday	Ath III	7:45 pm - 9:15 pm	A	Beth
Wednesday	Ath III	7:15 pm - 8:45 pm	A	Beth

## INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Monday	III	9:30 am - 11:00 am	C	Rachel
Tuesday	III	9:30 am - 11:00 am	A	Stuart
Tuesday	III	6:00 pm - 7:30 pm	C	Beth
Wednesday	III	9:30 am - 11:00 am	C	Laila
Wednesday	III	11:30 am - 1:00 pm	A	Stuart
Thursday	III	6:00 pm - 7:30 pm	A	Betsy
Friday	III	11:45 am - 1:15 pm	A	Beth
Saturday	III	8:00 am - 9:30 am	A	Hope
Monday	III-IV	6:00 pm - 7:30 pm	A	Betsy
Tuesday	III-IV	11:30 am - 1:00 pm	A	Stuart
Tuesday	III-IV	6:00 pm - 7:30 pm	A	Julie
Thursday	III-IV	11:30 am - 1:00 pm	A	Betsy
Friday	III-IV	8:15 am - 9:45 am	A	Laila
Wednesday	IV	7:45 am - 9:15 am	A	Laila
Wednesday	IV	5:30 pm - 7:00 pm	A	Julie
Thursday	V	5:30 pm - 7:30 pm*	C	Julie

\*Cost for the 2 hour class is: \$203

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GUDMESTAD  
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