



Simplified Levels for *SUMMER TERM*:

BEGINNING	Levels: 1 & 2
ADVANCED BEGINNING	Levels: 2, 3, & Ath3
INTERMEDIATE	Levels: 3-4, 4, 5

1) **You may purchase punch cards in 4 amounts:**

5 class card	\$ 80.00 (\$82 with cc)	(\$16 per class)
10 class card	\$155.00 (\$158 with cc)	(\$15.50 per class)
15 class card	\$225.00 (\$229 with cc)	(\$15.00 per class)
20 class card	\$290.00 (\$295 with cc)	(\$14.50 per class)

The punchcard will expire 1 year from the date of purchase, so choose wisely.

The DROP-IN rate for any 1½ hour class is \$17.

If you mail in payment for a summer punch card, your card will be held in “will call” at our front desk for your pick up. Cards will not be mailed out, unless you provide a SASE.

Payments accepted in cash, check (or by credit card in person or on our website):

www.gudmestadyoga.com/payment. There is a small convenience fee to pay by credit card.

- 2) **Remember to bring your card** each time you come to class. Your teacher will initial your card in the studio each time you attend a class. If you forget your card, you’ll need to pay the drop-in rate of \$17.
- 3) **No refunds or credits** will be issued for partially used or lost cards. Each punch card is good for 1 full year, i.e. if you buy your punch card in July 2018, it will be good through the end of July 2019.
- 4) **Summer and Holiday are the ONLY times** you can use your punch card. We will continue our practice of registering and paying in advance for full terms in fall, winter and spring terms.
- 5) **Arrive early!** While we don’t anticipate turning any students away, there is always the possibility that a studio may become too crowded. The number of students admitted to each studio are: **25** in Studio A **15** in Studio B **20** in Studio C.
If you arrive after the maximum number of students allowed, you may not be admitted. Please be respectful of the teacher’s decision to close the door.
- 6) **It’s OK with us if you want to share your card** with a friend/family member, as long as the person using your card attends a class of the appropriate level.



BEGINNING (Levels 1 & 2)

DAY	TIME	TEACHER	DATES
Mon	9:30 am - 11:00 am	Stu, Laila, Rachel, Hope	6/4, 6/11, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
Mon	11:30 am - 1:00 pm	Beth	9/10
Mon	6:00 pm - 7:30 pm	DeeAnn, Laila or Beth	6/4, 6/11, 6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6
Wed	11:30 am - 1:00 pm	Laila or Lori	6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/8, 8/15, 8/22, 8/29
Thurs	9:30 am - 11:00 am	Rachel	6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30, 9/6, 9/13
Sat	9:45 am - 11:15 am	Hope or Lori	6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/8, 9/15

ADVANCED BEGINNING (Levels 2, 3, & Ath 3)

DAY	TIME	TEACHER	DATES
Mon	9:30 am - 11:00 am	Rachel	6/18, 6/25, 9/10
Mon	11:30 am - 1:00 pm	Laila, Beth or Hope	6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
Tues	6:00 pm - 7:30 pm	Beth	7/10, 7/17, 7/24
Wed	9:30 am - 11:00 am	Betsy or Laila	6/6, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12
Wed	11:30 am - 1:00 pm	Stuart	6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29
Thurs	11:30 am - 1:00 pm	Stuart or Lori	6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30



ADVANCED BEGINNING (Levels 2, 3, & Ath 3) (continued)

DAY	TIME	TEACHER	DATES
Thurs	6:00 pm - 7:30 pm	Betsy, Glenn or Lori	6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30
Fri	10:00 am - 11:30 am	Beth, Rachel or Lori	6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14
Sat	8:00 am - 9:30 am	Hope or Lori	6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/8, 9/15

INTERMEDIATE (Levels 3-4, 4, 5)

DAY	TIME	TEACHER	DATES
Mon	6:00 pm - 7:30 pm	Betsy or Beth	6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
Tues	11:30 am - 1:00 pm	Stuart or Beth	6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28
Tues	6:00 pm - 7:30 pm	Julie or Beth	6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/21, 8/28, 9/4, 9/11
Wed	7:45 am - 9:15 am	Laila	8/1, 8/8, 8/22, 8/29, 9/5, 9/12
Wed	6:00 pm - 7:30 pm	Beth	8/1
Thurs	11:30 am - 1:00 am	Betsy, Laila, Rachel	6/7, 6/28, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30
Thurs	6:00 pm - 7:30 pm	Julie, Beth or Laila	6/7, 6/14, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/23, 8/30
Fri	8:15 am - 9:45 am	Laila, Beth, Rachel	6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14