



OAC PERSONAL TRAINER



Gretchen Dudek

Mind & Body Coordinator and Private Yoga Instructor

Contact Gretchen at Ext. 123 or gdudek@oxfordathleticclub.com

Experience

Mind Body Coordinator
Yoga Instructor
200 hour RYT Yoga Alliance, 3rd Street Yoga
Bachelor of Arts, La Roche College
MBA Business Management, Robert Morris

Specialties

Vinyasa Flow
Restorative Yoga
Yoga for Depression and Anxiety