



Maureen McHugh's
Group Classes
 In the Feldenkrais Method

Winter 2010

5 Classes per week



Arlington County Parks & Recreation

Arlington County classes take place at the Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive. 703-228-0700.

Mats are provided. You must, however, bring a bath towel to lay on the mat. You will take off your shoes. Please wear socks.



These classes are run by Arlington County's Parks & Recreation Department and support the mission of FitArlington.

Day of the Week	Start Time	Start Date	End Date	# Mtgs	Fee*	Class No.
*The Fee column lists 2 prices. The first is for Arlington Residents. The second, \$10 higher, sorry, is for non-Residents.						
Introductory Feldenkrais Class, 1 hour						
Tuesday Evening	7:20 pm	1/12/10	---	1	\$14/\$24	240851A
Series of Weekly Feldenkrais Classes, each 1 hour						
1 Tuesday Evening	5:10 pm	1/19/10	3/23/10	10	\$140/\$150	240845A
2 Tuesday Evening	7:20 pm	1/19/10	3/23/10	10	\$140/\$150	240845B
3 Thursday	1:00 pm	1/21/10	3/25/10	10	\$140/\$150	240845C
4 Saturday Morning	11:00 am	1/23/10	3/25/10	10	\$140/\$150	240845D
Notes: You may make up any class at any other class during the Quarter. Including, you may make up an anticipated missed class in advance.						
On-line registration: https://registration.arlingtonva.us/wsc/cgiip.exe/WService=wsrtlive/wb1000.html?wbp=1						

Registration Contacts

Phone	703-228-4747	M-F, 8:30 am - 4:30 pm
Fax	703-228-4765	24 hours
Carry in	3700 S. Four Mile Run Drive Arlington, VA 22206	

1 Week in Advance Registration Review

The County Registration Office reviews each class' registration level one week in advance of the start date. Any class which does not meet its minimum at that time -- 8 for my classes -- is canceled. So, if you are interested in one of my classes, *** please *** register early.

<i>One Week in Advance</i>	
Intro Class	1/5/10
Tuesday Evening	1/12/10
Thursday Afternoon	1/14/10
Saturday Morning	1/16/10

Registration Start Dates

Arlington County Residents	Online, mail in, fax	12/22/09
	Phone in, carry in	12/29/09
Non-Arlington Residents		1/6/10

5 **BalletNOVA Center for Dance**



I am offering a one-hour Feldenkrais class at the BalletNOVA School for Dance on Saturday mornings. It is oriented to the needs and possibilities of dancers and others of a similar activity level.

Currently the class begins at 9:15 am. In a few weeks, at 9:00 am. It is available both as a series registration and as drop-in. The Spring series begins in February. The drop-in fee is \$20. Please check my web site for updates. BalletNOVA is located near REI at 3443 Carlin Springs Road, Falls Church, VA.

703-778-3008. www.CenterDanceCompany.org.