



Maureen McHugh's
GROUP CLASSES
 In the Feldenkrais Method

Winter 2012
 January -- March

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 top of the mat. You will take off your shoes. Please wear, or bring, 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	1/10/12	---	1	\$14/\$24	240851A
Series of Weekly Feldenkrais Classes, each 1 hour						
Tuesday Evening	5:10 pm	1/17/12	3/27/12	11	\$154/\$164	240845 A
Tuesday Evening	7:20 pm	1/17/12	3/27/12	11	\$154/\$164	240845 B
Thursday	1:00 pm	1/19/12	3/29/12	11	\$154/\$164	240845 C
Note: You may make up a class at any other of my classes during the Quarter. Including, you may make up an anticipated missed class in advance.						

Registration Information

Contacts	
On-line	www.arlingtonva.us/prcr
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
Start Dates	
Arlington County Residents	
Online, mail in, fax	12/13/2011
Phone in, carry in	12/20/2011
Non-Arlington Residents	12/27/2011

**One Week in Advance
 Registration Level 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	1/3/2012
<i>Series classes on</i>	
Tuesday Evening	1/10/2012
Thursday Afternoon	1/12/2012