Maureen McHugh's

Group Classes

In the Feldenkrais Method

Winter 2015

January -- March

The Tuesday classes take place at the Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive, Arlington, VA 22206. We are in the Wellness Room.

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

The Thursday classes take place at the Fairlington Community Center. 3308 S. Stafford Street, Arlington, VA 22205. We are in Room 127. Mats are provided.

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, $20 higher, is for non-Residents.						
Introductory Feldenkrais Class, 1 hour						
Tuesday Evening	7:20 pm	1/13/15	---	1	$14/$34	240851A
Series of Weekly Feldenkrais Classes, each 1 hour						
Tuesday Evening	5:10 pm	1/20/15	3/17/15	9	$126/$146	240845 A
Tuesday Evening	7:20 pm	1/20/15	3/17/15	9	$126/$146	240845 B
Thursday Afternoon	1:00 pm	1/22/15	3/19/15	9	$126/$146	240845 C
Note: You may make up a class at any other of my classes during the Quarter. Including, an anticipated missed class in advance.						
Saturday Afternoon Workshop, 3 hours	This workshop will take place at the Walter Reed Community Center. 2909 16th Street S. Arlington, VA 22204. This is a change from the printed catalog.					
Better Posture	2:00 pm	1/17/2015	---	1	$35/$55	240802 A

Registration Information

Contacts		
On-line	www.arlingtonva.us/prcr	
Phone	703-228-4747	M-F, 8:30 am - 4:30 pm
Carry in	3700 S. Four Mile Run Drive Arlington, VA 22206	

Registration Start Dates	
Arlington County Residents	
Online, mail in:	12/10/15
Phone in, carry in:	12/17/15
Non-Arlington Residents	1/7/15

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.

	One Week in Advance
Intro Class	1/6/15
Better Posture Workshop	1/10/15
Series classes on	
Tuesday Evening	1/13/15
Thursday Afternoon	1/15/15