



Maureen McHugh's
Group Classes
 In the Feldenkrais Method

Winter 2017
 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.

The Thursday classes and Better Posture Workshop take place at the Fairlington Community Center. 3308 S. Stafford St, Arlington 22205. The Thursday classes are in Room 127 and the Better Posture Workshop in Room 134.

Mats are provided. You must, however, bring a towel to lay on top of the mat; this is for your face. 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, \$20 higher, is for non-Residents.						
Introductory Feldenkrais Class, 1 hour						
Tuesday Evening	7:20 pm	1/10/17	--	1	\$14/\$34	240851 A
Series of Weekly Feldenkrais Classes, each 1 hour						
Tuesday Evening	5:10 pm	1/17/17	3/21/17	10	\$140/\$160	240845 A
Tuesday Evening	7:20 pm	1/17/17	3/21/17	10	\$140/\$160	240845 B
Thursday Afternoon	1:00 pm	1/19/17	3/23/17	10	\$140/\$160	240845 C
Note: You may make up a class at any other series class during the Quarter. Including, you may make up an anticipated missed class in advance.						
Better Posture Workshop, 3 hours						
Better Posture	8:45 AM	1/14/17	--	1	\$42/\$62	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, fax	12/7/2016
Phone in, carry in	12/9/2016
Non-Arlington Residents	1/4/2017

**One Week in Advance
 Registration Level Review**

The County Registration Office reviews each class' registration level one week in advance of the start date. . So, if you are interested in a class, *** *please* *** register early.

One Week in Advance	
Intro Class	1/3/2017
Better Posture Workshop	1/6/17
<i>Series classes on</i>	
Tuesday Evening	1/10/2017
Thursday Afternoon	1/12/2017