



Maureen McHugh's
Group Classes
 In the Feldenkrais Method

Winter 2019
 January -- April

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 take place at the Fairlington Community Center. 3308 S. Stafford St, Arlington, VA 22205.

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, \$20 higher, is for non-Residents.						
Introductory Feldenkrais Class, 1 hour						
Tuesday Evening	7:20 pm	1/8/19	--	1	\$14/\$34	240851 A
Series of Weekly Feldenkrais Classes, each 1 hour						
Tuesday Evening	5:10 pm	1/15/19	4/2/19	12	\$167/\$187	240845 A
Tuesday Evening	7:20 pm	1/15/19	4/2/19	12	\$167/\$187	240845 B
Thursday Afternoon	1:00 pm	1/17/19	4/4/19	12	\$167/\$187	240845 C
Notes: You may make up a missed class at any other class 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
Carry in	3700 S. Four Mile Run Drive Arlington, VA 22206

Registration Start Dates

Arlington County Residents	
Online, mail in, fax	12/5/2018
Phone in, carry in	12/7/2018
Non-Arlington Residents	12/19/2018

**One Week in Advance
 Registration Level Review**

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

One Week in Advance	
Intro Class	1/1/2019
<i>Series classes on</i>	
Tuesday Evening	1/8/2019
Thursday Afternoon	1/10/2019