



Maureen McHugh's Group Classes In the Feldenkrais Method

Spring 2022

April -- June

There are two Tuesday evening classes. They take place in the Wellness Room at the Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive, Arlington 22206.

There is one Thursday afternoon class. It takes place in the Walnut Room at the Lubber Run Community Center. 300 N. Park Drive, Arlington 22203.

In each location mats are provided. You must, however, bring a towel to lay across the mat to shield your face. You will take off your shoes. Please wear socks, and layers. No food or drink is allowed in the class except water in closed containers.



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	7:30 pm	4/12/22	--	1	\$14/\$34	340851 A
Series of Weekly Feldenkrais Classes, each 1 hour						
Tuesday Evening	5:10 pm	4/19/22	6/7/22	8	\$112/\$132	340845 A
Tuesday Evening	7:30 pm	4/19/22	6/7/22	8	\$112/\$132	340845 B
Thursday Afternoon	1:30 pm	4/21/22	6/9/22	8	\$112/\$132	340845 C
Note: 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 am - 5 pm
Carry in	300 N. Park Drive Arlington, VA 22203

Registration Start Dates	
Arlington County Residents	
Online, mail in	3/16/2022
Phone in, carry in	3/16/2022
Non-Arlington Residents	3/25/2022

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.

<i>One Week in Advance</i>	
Intro Class	4/5/2022
<i>Series classes on</i>	
Tuesday Evening	4/12/2022
Thursday Afternoon	4/14/2022