



# Maureen McHugh's Group Classes In the Feldenkrais Method

## Summer 2022

June -- August

There are two Tuesday evening, series 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, series class. It takes place in the Walnut Room at the Lubber Run Community Center. 300 N. Park Drive, Arlington 22203.

At Barcroft, for the Tuesday classes, 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. At Lubber Run you must bring your own mat. Only water is allowed in the class.



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.						
<b>Introductory Feldenkrais Class, 1 hour.</b> <a href="#">Held this Summer Quarter at Fairlington Community Center Rm 127</a>						
Tuesday Evening	7:30 pm	6/21/22	--	1	\$14/\$34	440851 A
<b>Series of Weekly Feldenkrais Classes, each 1 hour</b>						
Tuesday Evening	5:10 pm	6/28/22	8/16/22	8	\$112/\$132	440845 A
Tuesday Evening	7:30 pm	6/28/22	8/16/22	8	\$112/\$132	440845 B
Thursday Afternoon	1:30 pm	6/30/22	8/18/22	8	\$112/\$132	440845 C
<b>Note:</b> 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. No classes are missed for the July 4 Holiday.						

### 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	5/17/2022
Phone in, carry in	5/17/2022
Non-Arlington Residents	5/25/2022

### 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.

One Week in Advance	
Intro Class	6-14-2022
<i>Series classes on</i>	
Tuesday Evening	6-21-2022
Thursday Afternoon	6-23-2022