

RAC PILATES REFORMER CLASSES **DROP IN Schedule 2023**



**Please use the RAC app to secure a reservation for each Pilates fee-based class listed.*

Mon.	Tues.	Wed.	Thurs.	Fri.
	Experienced Reformer 8:30-9:30am Tom 5 participants			
Intro to Reformer 9:00-9:40am McKay 4 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants		
Essential Reformer 10:00am-11:00am McKay 5 participants		Essential Reformer 11:00am-12:00pm McKay 5 participants	Intermediate Reformer 11:15am-12:15pm Tom 5 participants	Experienced Reformer 11:15am-12:15pm Tom 5 participants
	Tower 4:30-5:25pm McKay 5 participants			
	Intermediate Reformer 5:30-6:30pm McKay 5 participants	Experienced Reformer 5:30-6:30pm Tom 5 participants	Intro to Reformer 5:00-5:40pm McKay 4 participants	
			Intermediate Reformer 6:45-7:45pm McKay 5 participants	

***Please use the RAC app under the RESERVATION tile and the category Live Group Fitness to book a Pilates class.**

***These are fee-based experiences. Participants will be billed \$15.00 per hour session and \$10 per 40 minute session.**

***The reservation window opens one week (7 days) prior to class scheduled start time.**

***Cancellations must be submitted through the RAC app a minimum of four hours prior to class to avoid being billed.**

Class progression is:

- Intro to Reformer**
- Essential Reformer**
- Intermediate Reformer**
- Experienced Reformer**

For information on specialty classes or if these class options do not serve your fitness needs, please communicate directly with your instructor or contact Tom Clemens at tclemens@racmn.com