

RAC PILATES REFORMER SESSIONS *DROP IN* Schedule Fall 2024



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

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Experienced Reformer 8:30-9:30am Tom 5 participants				
Foundations Reformer 9:30-10:30am McKay 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Foundations Reformer 10:00-11:00am McKay 5 participants	Intermediate Reformer 9:30-10:30am McKay 5 participants	Beginner Reformer 10:00am-10:40am Danielle 4 participants
Intermediate Reformer 11:00am-12:00pm McKay 5 participants		Foundations 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	Foundations Reformer 10:45-11:45am Danielle 5 participants
Beginner Reformer 12:15-12:55pm McKay 4 participants					
		Foundations Reformer 4:15 - 5:15pm Danielle 5 participants			
	Intermediate Reformer 5:30-6:30pm McKay 5 participants	Experienced Reformer 5:30-6:30pm Tom 5 participants			

*Please use the RAC App under the RESERVATION tile and the category Live Group Fitness to sign up for a session. The reservation window opens 7 days prior to scheduled start time.

*These are fee-based sessions. RAC Members will be billed \$15 per hour session and \$10 per 40 minute session.

*Cancellations must be submitted through the RAC App a minimum of four hours prior to session start time to avoid being billed.

Class progression is:
 Beginner Reformer
 Foundations Reformer
 Intermediate Reformer
 Experienced Reformer

We also offer Pilates Reformer private lessons. For questions or more information, please communicate directly with your instructor or contact McKay Bram at mbram@racmn.com.