

RAC PILATES REFORMER CLASSES *DROP IN* Schedule 2024



**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			
Beginner Reformer 9:30-10:10am McKay 4 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants		
Foundations 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 12:30 - 1:30pm McKay 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	Beginner Reformer 4:45-5:25pm Danielle 4 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:

*Beginner Reformer
Foundations 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