

# 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 <b>5 participants</b>			
Intro to Reformer 9:30-10:10am McKay <b>4 participants</b>	Intermediate Reformer 9:45-10:45am Joanne <b>5 participants</b>	Intermediate Reformer 9:45-10:45am Joanne <b>5 participants</b>		
Essential Reformer 11:00am-12:00pm McKay <b>5 participants</b>		Essential Reformer 11:00am-12:00pm McKay <b>5 participants</b>	Intermediate Reformer 11:15am-12:15pm Tom <b>5 participants</b>	Experienced Reformer 11:15am-12:15pm Tom <b>5 participants</b>
	Tower 4:30-5:25pm McKay <b>5 participants</b>			
	Intermediate Reformer 5:30-6:30pm McKay <b>5 participants</b>	Experienced Reformer 5:30-6:30pm Tom <b>5 participants</b>	Intro to Reformer 5:00-5:40pm McKay <b>4 participants</b>	
			Essential Reformer 6:30-7:30pm McKay <b>5 participants</b>	

**\*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](mailto:tclemens@racmn.com)**