

# RAC PILATES APPARATUS CLASSES *September 2020*

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



The red number indicates the maximum number of participants based on social distancing guidelines.

Mon.	Tues.	Wed.	Thurs.	Fri.
Experienced Reformer 8:15-9:15am Tom <b>3 participants</b>				
Reformer Intro Essentials 9:45-10:45am Hope <b>3 participants</b>	Intermediate Reformer 9:45-10:45am Tom <b>3 participants</b>	Intermediate Reformer 9:45-10:45am Tom <b>3 participants</b>	Intermediate Reformer 9:45-10:45am Jeannie <b>3 participants</b>	
Reformer Intro Essentials 11:15-12:15pm Hope <b>3 participants</b>			Intermediate Reformer 11:15-12:15pm Tom <b>3 participants</b>	Experienced Reformer 11:15-12:15pm Tom <b>3 participants</b>
Reformer Intro Essentials 5:30-6:30pm McKay <b>3 participants</b>	Intermediate Reformer 5:30-6:30pm McKay <b>3 participants</b>	Experienced Reformer 5:30-6:30pm Tom <b>3 participants</b>	Intermediate Reformer 5:30-6:30pm Jeannie <b>3 participants</b>	
Intermediate Reformer 6:45-7:45pm McKay <b>3 participants</b>				

\*To attend a Pilates Apparatus (reformer) class, a confirmed reservation is required.

\*All 60 minute classes listed on this schedule are fee-based experiences. Participants will be billed \$15.00 per hour session.

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

\*The reservation window opens 7 days prior to class scheduled start time.

\*A maximum of three participants can be trained per Pilates Studio class due to social distancing/capacity guidelines.

\*When a reservation is booked, a confirmation check mark will be visible. Please present the confirmed reservation at the RAC Front Desk to gain entry into the club.

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

\*Initially, no fee-based Pilates make-ups classes will be available during PHASE 1 or 1B.

\*If these class options do not serve your fitness needs, please communicate directly with your instructor or contact Sarah Cima at scima@racmn.com