

RAC PILATES REFORMER CLASSES *DROP IN Schedule 2021*



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

Mon.	Tues.	Wed.	Thurs.	Fri.
Sweatalates 8:30-9:30am Hope 10 participants	Experienced Reformer 8:30-9:30am Tom 5 participants			
Essential Reformer 10:00-11:00am Hope 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants		
			Intermediate Reformer 11:15-12:15pm Tom 5 participants	Experienced Reformer 11:15-12:15pm Tom 5 participants
			Essential Reformer 2:00-3:00pm Hope 5 participants	
Intermediate Reformer 6:45-7:45pm McKay 5 participants	Essential 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 book a Pilates class.*

**All 60 minute classes listed on this schedule are fee-based experiences. Participants will be billed \$15.00 per hour 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 Hope Carroll-Rizzo at hcarroll-rizzo@racmn.com