

RAC PILATES REFORMER CLASSES **DROP IN** Schedule 2022



**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 McKay 10 participants	Experienced Reformer 8:30-9:30am Tom 5 participants			
Intro to Reformer 9:45-10:45am McKay 4 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants	Intermediate Reformer 9:45-10:45am Joanne 5 participants		
Essential 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
	Intermediate Reformer 5:30-6:30pm McKay 5 participants	Experienced Reformer 5:30-6:30pm Tom 5 participants	Essential Reformer 5:30-6:30pm McKay 5 participants	
			Intro to Reformer 6:30-7:30pm McKay 4 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 Tom Clemens at tclemens@racmn.com