



PILATES **REFORMER** INTRO ESSENTIALS

Friday Option

Class size limited to 3

8:15 – 9:15 A.M.

Pilates Studio

Fee \$15.00

Curious about Pilates fitness?

*Sign up for a drop-in experience using the RAC app or call the
Activities Desk for assistance 507-287-9300*

BE FIT. BE FAMILY. BE WELL.

