

## RAC PILATES REFORMER SESSIONS *DROP IN Schedule Spring 2025*



*\*Register for each session on the RAC App.*

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Experienced Reformer 8:30 AM–9:00 AM Tom				
Foundations Reformer 9:30 AM–10:30 AM McKay	Intermediate Reformer 9:45 AM–10:45 AM Joanne	Intermediate Reformer 9:45 AM–10:45 AM Joanne	Intermediate Reformer 10:00 AM–11:00 AM McKay		Beginner Reformer 10:00 AM–11:00 AM Danielle
Intermediate Reformer 10:45 AM–11:45 AM McKay		Pilates Tower 11:00 AM–12:00 PM McKay	Intermediate Reformer 11:15 AM–12:15 PM Tom	Experienced Reformer 11:15 AM–12:15 PM Tom	Foundations Reformer 10:45 AM–11:45 AM Danielle
Pilates Tower 12:00 PM–1:00 PM McKay	Beginner Reformer 12:30 PM–1:10 PM McKay		Foundations Reformer 12:30 PM–1:30 PM McKay		
		Foundations Reformer 4:15 PM–5:15 PM Danielle			
	Intermediate Reformer 5:30-6:30pm McKay	Experienced Reformer 5:30 PM–6:30 PM Tom			

\*Please use the RAC App to sign up for a session. Go to the "Reservations" tile, under "Live Group Fitness Classes". The reservation window opens 7 days in advance.

RAC Member price: \$18 per 60-minute session, \$12 per 40-minute session.

Non-member price: \$29 per 60-minute session, \$24 per 40-minute session.

Cancellations must be submitted on the RAC App at least 4 hours in advance to avoid fee.

Class progression is:

Beginner Reformer  
Foundations Reformer  
Intermediate Reformer  
Experienced Reformer

Pilates Tower is open to all levels, including beginners.

All sessions are limited to 5 participants, except Beginner Reformer is limited to 4.

Interested in private lessons? For more information, please talk to your instructor or contact McKay Bram at [mbram@racmn.com](mailto:mbram@racmn.com).