

RAC Pilates Studio Small Group Training - Schedule Spring 2026



Register for each session on the RAC App.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Experienced Reformer 8:30 AM–9:30 AM Tom	Foundations Reformer 8:45 AM–9:45 AM Michaela		Intermediate Reformer 8:45 AM–9:45 AM Michaela	
Foundations Reformer 9:45 AM–10:45 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	Foundations 45 Min 9:45 AM–10:30 AM Michaela	Reformer Onboarding* 10:00 AM–10:45 AM Rotation
Intermediate Reformer 11:00 AM–12:00 PM McKay	Pilates Jumpboard 11:00 AM–12:00 PM 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 Rotation
Reformer Onboarding* 12:15 PM–1:00 PM Kat	Foundations 45 Min 12:15 PM–1:00 PM Katie		Foundations 45 Min 12:30 PM–1:15 PM McKay		
					Intermediate Reformer 1:45 PM–2:45 PM Rotation
	Intermediate Reformer 5:00 PM–6:00 PM McKay	Foundations Reformer 4:15 PM–5:15 PM Danielle			
	Foundations Reformer 6:15 PM–7:15 PM McKay	Experienced Reformer 5:30 PM–6:30 PM Tom	Foundations 45 Min 6:45 PM–7:30 PM McKay		
	Reformer Onboarding* 7:20 PM–8:05 PM McKay				

*Sessions marked with an asterisk are open to all levels, no experience required. All others require completing Reformer Onboarding first.

RAC Member price: \$18 per 60-minute session | \$14 per 45-minute session

Non-member price: \$29 per 60-minute session | \$25 per 45-minute session

Reformer progression:

- Reformer Onboarding
- Foundations Reformer
- Intermediate Reformer
- Experienced Reformer

Reservation window opens 7 days in advance. Cancel at least 4 hours in advance to avoid fee.

For information about private lessons, or any other questions, contact McKay Bram at mbram@racmn.com.

Pilates Mat is part of the RAC's Group Fitness Schedule, and are included with RAC Membership or Guest Pass. Please sign up for class on the RAC App to make sure you get notified in case of cancellation.

Beginner Pilates Mat: Thursdays 8:45 AM–9:15 AM, Upper Studio

Pilates Mat: Tuesdays 8:30 AM–9:20 AM, Upper Studio | Thursdays 8:30 AM–9:20 AM, Lower Studio

Pilates Pulse: Saturdays 12:30 PM–1:30 PM, Upper Studio