

RAC Pilates Studio Small Group Training - Schedule Fall 2025



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 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–10:40 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 11:00 AM–12:00 PM Rotation
	Beginner Reformer* 12:15–12:55 PM McKay		Foundations Reformer 12:30 PM–1:30 PM McKay		
	Intermediate Reformer 5:30 PM–6:30 PM McKay	Experienced Reformer 5:30 PM–6:30 PM Tom			

*Sessions marked with an asterisk are open to all levels, including beginners.

Please use the RAC App to sign up: From home, select the "Reservations" tile on the upper left. The reservation window opens 7 days in advance. Cancel on the RAC App at least 4 hours in advance to avoid fee.

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.

Class progression is:

Beginner Reformer
Foundations Reformer
Intermediate Reformer
Experienced Reformer

All sessions are limited to 5 participants, except Beginner Reformer is limited to 4, and Jumpboard is limited to 3.

Interested in private lessons? Talk to your instructor, or contact McKay Bram at mbam@racmn.com.

Pilates Mat classes are 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 the event 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