



Welcome to unlimited Pilates Reformer Group classes! We are so excited here at the Yuba City Racquet Club to offer these amazing classes with the most talented and educated Pilates instructors.

**With launching any new program there are a lot of frequently asked questions:**

1. Do I need to have Pilates Reformer experience to join a class?
  - a. No, each class will have different levels of participants. Some classes will be labeled as a beginner.
2. Where do I find the Pilates Reformer Group calendar of classes?
  - a. It is located on our website [www.ycrc.com](http://www.ycrc.com). Click ***Class Schedules*** and click ***Pilates Group Class***. If we have to cancel a class it will be removed off of this main schedule. We try to give as much advanced notice if this were to occur. A paper schedule will also be available in club that is subject to change.
3. How do I sign up for a Pilates group class?
  - a. When you sign up with your Pilates instructor you will choose your 2 or more core classes. You will be entered in each core class each week to hold your spot.
  - b. If you choose to sign up for more than your core classes you will call the front desk at 530.673.6900 and ask if they have room in the class of your choice.
4. What do I need to wear?
  - a. Comfortable exercise wear. Some exercises will be done barefoot or with socks.
5. How do I change or cancel my class participation?
  - a. Let your core instructor know if you will be away with advanced notice.
  - b. Short term notice you can call the front desk or contact your core instructor.
6. Can I bring a friend to try it?
  - a. Yes, but first they must have completed a Pilates intake demo class that you are welcome to join in with them.
7. Can I freeze my Pilates Reformer Group classes?
  - a. Yes, for a maximum of 1 month per calendar year you can suspend your billing.
8. How do I cancel my Pilates Reformer monthly billing?
  - a. With 30 days' notice you will speak to your core instructor and obtain at the front desk an *Account Change Form* that you will fill out.

**Any further questions or interest please contact Irene at (530) 673-6900**