

Greetings Dancers!

Thank you for investing in yourself and participating in the Support Series! This support class changes on a monthly basis to ensure you receive the best training possible. In the wake of COVID there are some extra precautions that we need to take, and extra equipment that is needed. Please see the below:

- Dancers must wipe down both sides of their mats
- Due to smaller class sizes, we will try to stagger students in squares, so that students may keep their equipment close, and not have to travel back and forth to retrieve equipment
- Dancers must also wipe down their balls and bands before class (please do not bounce or roll the balls into class)
- Dancers must roll up their mat in their space when class is over, then wipe their square again upon exit
- Shoes must be left along the side of the wall, no shoes in your space
- New equipment needed:
 - Resistance Band
 - Yoga Mat
 - Small 9 inch Pilates ball
 - Exercise ball
 - [Resistance Loop Exercise Bands](#)
 - [Yoga Blocks](#)
 - If possible, please have all equipment in a separate bag to bring to and from the studio
- All equipment will be used in the PBT, Stretch, & Strengthening classes

Please note, that this is a living document that will be updated periodically as the year progresses and as further guidance and protocols are given from the CDC.

Again, thank you for your participation, and I look forward to seeing you in class!