

CLASS SUPPLIES

For Progressive Ballet Technique

Tuesday 6:15-7 pm

Use what you have, do not purchase new items if you already have these things at home. Students will need the following supplies to fully participate in the Progressive Ballet Technique class.

1) Yoga Ball appropriate to students' height. Student should be able to sit on ball with legs at a 90 degree angle. https://www.amazon.com/Goonidy-Anti-Burst-Stability-Excercise-Workout/dp/B0C2PG2XSD/ref=sr_1_1_sspa?crid=7ZO0Q9HW7FMD&dib=eyJ2IjoiMSJ9.u2ZT4k6K-yqX0BmTcDFy-mpQBki7mtUgtLeviv-X9vYW5lMqvm0_7LmhOW3ixyfi_GicXTEHR0ih8HVhiZQ7WCOezg9ap7zi6Xa1YvV71Z17JTFHo2GbQ5lyC5_3XNbPoe6fFYGi-sTKieQeSzwfCR4lidc-0w0JKoJVY8iEypF4FydKn5qD6slpobEkOSo3w40IHcJRVFwcHmwDovIYZUHLHSzFLDDi4x8gNHhY4fNyds8nZJU0P_IBT8uT9Tf2jkHM4otWi2AsEL-5Z9eqVMabodcpf3FhkwX-SMg9b8k.MqKxe6vEIQIMufOu927TJ1XPMhlkyxsnkw5nCyfAR60&dib_tag=se&keywords=yoga%2Bball&qid=1715131068&sprefix=yoga%2Bball%2Caps%2C157&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1&psc=1

Approximate Chart:

- 55 cm for heights 3' 8" to 4' 5"
- 65cm for heights 4' 5" to 5' 2"
- 75 cm for heights 5' 2" to 5' 7"
- 85 cm for heights 5' 7" and above

2) Small fusion ball. 9" circumference https://www.amazon.com/Small-Exercise-Ball-Pilates/dp/B07215Y8MR/ref=sr_1_7?crid=3KBJA68A1CPWX&dib=eyJ2IjoiMSJ9.HL2Pakkmz6dugaQWw7LnyqzAkol68zgb508C5qja3T23kHgbugQcrXRlp5Q-v8sUfo724oAO7ys4UyemtlvwTI_d2DFdlAGqsIRkQNKmhBtRzfimDHN6RrbApvK_AkVxIEe_OHrBoXVax_KCdt0Ti-PA-bNX6n25UYalZqzx-bkDwNk8DM_k8fH6MONZ6jD_2VMuK1cGGnSl82RQEkM5d4hsxGsJZkvDbZttoK_FiXApvYuYDCpOinjFVysDbZTMEZHuOzivl_sNljhSGvM04j6EXKGHum0kldJARv1Sa8.YENpZHRid6F_q1oRn5tyNgRMLhwwFQOeCkQbwhp-dmU&dib_tag=se&keywords=9inch%2Bfusion%2Bball&qid=1715130992&sprefix=9inch%2Bfusion%2Bball%2Caps%2C152&sr=8-7&th=1

3) Theraband

[Resistance Bands for Working Out, Exercise Bands for Physical Therapy, Stretch, Recovery, Pilates, Rehab, Strength Training and Yoga Starter Set](https://www.amazon.com/Resistance-Bands-for-Working-Out-Exercise-Bands-for-Physical-Therapy-Stretch-Recovery-Pilates-Rehab-Strength-Training-and-Yoga-Starter-Set/dp/B07215Y8MR/ref=sr_1_7?crid=3KBJA68A1CPWX&dib=eyJ2IjoiMSJ9.HL2Pakkmz6dugaQWw7LnyqzAkol68zgb508C5qja3T23kHgbugQcrXRlp5Q-v8sUfo724oAO7ys4UyemtlvwTI_d2DFdlAGqsIRkQNKmhBtRzfimDHN6RrbApvK_AkVxIEe_OHrBoXVax_KCdt0Ti-PA-bNX6n25UYalZqzx-bkDwNk8DM_k8fH6MONZ6jD_2VMuK1cGGnSl82RQEkM5d4hsxGsJZkvDbZttoK_FiXApvYuYDCpOinjFVysDbZTMEZHuOzivl_sNljhSGvM04j6EXKGHum0kldJARv1Sa8.YENpZHRid6F_q1oRn5tyNgRMLhwwFQOeCkQbwhp-dmU&dib_tag=se&keywords=9inch%2Bfusion%2Bball&qid=1715130992&sprefix=9inch%2Bfusion%2Bball%2Caps%2C152&sr=8-7&th=1)
[amazon.com](https://www.amazon.com)

4) yoga mat

5) 2 paper plates