

FLEXIBILITY studio

CLASS REQUIREMENTS

01 WATER BOTTLE

It is important to be hydrated



02 HAIR ON A BUN

Tight ponytail is ok as well



03 PAIR OF SOCKS

We use them to work with the toes



04 TIGHT CLOTHES

Leggings or shorts, and tank top or tight t-shirt



05 KNEE PADS

Small size



06 YOGA BLOCKS

At least 2, but you may need more if you are pretty flexible



07 ELASTIC BANDS

Medium resistance is enough, but you can have a pair



08 STRETCHING STRAP

It doesn't matter the brand but it has to be elastic



09 MAT/YOGA MAT

If your room has carpet floor you may not need it



10 BALLET BARRE/CHAIR

If you don't have ballet bars you can use a chair



11 FOAM ROLLER

Any style



12 JUMP ROPE

I would recommend the ones used for rhythmic gymnastics



13 MINI BALL

It doesn't need to be heavy



14 BALANCE BALL

Any brand. Mandatory for Advanced Level



15 PILATES BALL

Medium size is enough. Mandatory for Advanced Level



16 ANKLE WEIGHTS

Small size. 0.5lb-1lb each. Mandatory for Advanced Level

