



For all students enrolled in PBT, you will need to bring the following items to class:

- **Yoga Mat**
- **Fit Ball** (Use your height to purchase the correct size ball)
 - Under 4'8" - 45cm ball
 - 4'8" - 5'3" - 55cm ball
 - 5'4" - 5'10" - 65cm ball
 - 5'10" 6'4" - 75cm ball
- **Theraband** (9' long & 6" wide, medium resistance) available for purchase from Ms.Julia for \$10.00 each
- **Lacrosse Ball** (optional but highly recommended)

All items can be purchased online or at local sporting goods stores, Target & Walmart.

NOTE: Many Fit balls come with a pump, Ms. Julia will also have pumps available to use prior to class.

If you have any questions or concerns, please feel free to contact us!