



SUPPLY LIST

- Thera band
- Yoga mat
- Notebook and writing utensil
- Water bottle
- Class and Rehearsal Attire:
 - Tight fitting clothes (ie. Black leggings and a fitted shirt). No booty shorts.
 - o Ballet slippers
 - A few other shoe options; barefoot, foot undies, jazz shoes, ballet shoes. Anything flat.
 - Please make sure that your hair is pulled back and neat and secure. No long ponytails.