



## 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.