

WEST GA DANCE *Company Supplies*



3IN YOGA BLOCKS



4IN YOGA BLOCKS



5IN YOGA BLOCKS



ELASTIC STRETCHER



ANKLE WEIGHTS



FOOT STRETCHER



YOGA MAT

ALL DANCERS ENROLLED IN THE CONDITIONING & FLEXIBILITY CLASS WILL NEED EVERYTHING LISTED.

NEED 2 YOGA BLOCKS - COLOR BLACK - SIZE WILL DEPEND ON THE FLEXIBILITY OF THE DANCER

ANKLE WEIGHTS - COLOR BLACK
YOGA MAT - COLOR GREY

AND ALL LINKS ARE BRAND SPECIFIC OTHER THEN FOOT STRETCHER

THEY WILL ALSO NEED TO BRING A GOOD PAIR OF RUNNING SHOES WITH THEM TO EVERY CLASS

PLEASE LABEL ALL ITEMS WITH YOUR DANCERS NAME