



Required Equipment for PBT class:

- **Exercise ball (sized to personal height)**
 - **9”/23-25cm Fit ball**
- **9’ long/5” wide Theraband**
- **Pilates or yoga mat**
- **Water bottle**

All students are encouraged to bring their own equipment. However, you are able to purchase or rent select items directly through the program for your convenience.

Equipment	Rental Cost	Purchase Cost
65cm Exercise Ball	\$3	\$10
9” Fit Ball	N/A	\$13
9’ Theraband	N/A	\$10

To reserve or purchase equipment, complete the class Online Registration form at www.racheldodson.com/pbt or, inquire directly at Rddances@yahoo.com.