



Chesapeake Pilates Center

Small Props List for Virtual Classes

Name:

	Check if yes	Size or Weight if Applicable	Description	More info
Foam Roller				
Light Weights				
Toe Gizmo			2 small thick rubber bands connected together	You can pick one up from the studio. They are in a plastic bin behind the planter.
Stretchy Bands			Long enough to hold both ends and extend to feet	
Magic Circle				Can borrow from Studio or purchase one on line
2 x 4			Literally, a 2 x 4 board.	Cut it about 18 inches long. Cut up an old Yoga. Wrap it like a gift and stable in place

