

Pilates (Monday and Saturday) and Aerobics (Thursday)

## Item – Weight Bar

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**Yes4All Total Body Workout Weighted Bar/Weighted Workout Bar – Great for Physical Therapy, Aerobics and Yoga – Weighted Exercise Bar**  
by Yes4All  
★★★★☆ 274 customer reviews | 39 answered questions  
**Amazon's Choice** for "exercise bars fitness"

Price: ~~\$23.99~~ & **FREE Shipping**. [Details](#)

Get \$40 off instantly. Pay \$0.00 upon approval for the Amazon.com Store Card.

Item Display Weight: **8.01 Pounds**

5.01 Pounds \$21.99	<b>8.01 Pounds \$25.99</b>	10.01 Pounds \$29.21	12.01 Pounds \$30.99
15.01 Pounds \$33.99	20.0 Pounds \$39.99	25 Pounds \$45.99	30 Pounds \$58.50

- **48 INCH LENGTH HEAVY-DUTY STEEL CORE CONSTRUCTION:** Made of solid high-quality steel for added toughness, durability and stability. Sturdy construction will not bend or break after repeated use.
- **DURABLE HIGH-DENSITY PADDED FOAM SURFACE:** Constructed of untearable and breathable padded soft foam surface to increase comfort in use and prevent slipping even with sweaty hands.
- **COLOR CODED ANTI-ROLL END CAP:** Especially designed with TPR Plastic anti-roll end cap to prevent rolling or sliding away from your storage corner. Color coded cap is different for each size for easy

**Instructor's Note:** This weight bar may be found by typing in weight or body bar from either Amazon or internet explorer. You can also find on body bar.com. Be sure to pay attention to the size bar you are purchasing. Also, purchase, the maximum weight you think you can handle. To start, typically, I suggest 6 pounds for women and 10 pounds for guys. If you think you can handle more, by all means, order. However, with the repetitions required for class, the suggested weights are best as you will stay motivated and will not risk injury or unnecessary pressure. You will know when it is time to step up to the next size.

## Item – Dumbbell



**Instructor's Note:** Be sure to purchase a pair of weights. To start, typically, I suggest 3 pounds for women and 5-8 pounds for guys. I also suggest purchasing a pair that are two weights lower than the recommended size. When the class is modified and there is more movement, less weight is best. Again, if you think you can handle more, by all means, order.

Also, I love the neoprene and vinyl dumbbells and variety of colors they come in; but, they are susceptible to rips and peels. The second option is my top recommended. They come in different colors too; but, they are not the cheapest and I have only seen them start at 5 pounds.

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## Item – Mini Exercise Ball



**Instructor's Note:** The mini exercise ball may be used for many things. It is used to perform a variety of abdominal, Pilates/yoga type exercises as well as sculpting and toning exercises. As you can see, it can be found from a variety of colors. The important thing to note when purchasing is to make sure it is a 9-inch inflatable, plastic exercise ball. Most mini balls come with a small straw like piece for inflation. It only takes about 15 seconds to inflate. Be sure to search carefully because some of these balls are expensive; between \$6:00 - \$8.00.

Also, check with me before purchasing as I have a few on hand for \$6.50.

## Item 1 – Stability Ball



**Instructor's Note:** The Stability Ball is a great tool for incorporating spinal stabilization, core strength and endurance, and balance and coordination to any routine. It is also a good way to had spice to your workout; and, it is to improve balance, body awareness, coordination and posture. When purchasing an stability ball, it is important to consider many things, such as the size, durability, and firmness of the ball. Be sure to carefully review the specs for the ball to ensure you are purchasing the appropriate size for you. Anti-burst material is also recommended. Many stability balls come with a pump; but, if you have a tire inflator, it is easier and much quicker to use. These can range in price from \$15 - \$30 dollars; but, you should be able to get a nice one for less than \$20.

## Item 1 – Resistance Bands



**Instructor's Note:** Resistant bands, sometimes called tubing are good for toning and strengthening. As resistance bands stretch, they create increased tension in your muscles and cause them to contract. When purchasing bands, it is important to consider durability and resistance levels. Typically, there are 4-5 levels. Starting out, I suggest going with something low to moderate. I like SPRI and Power Systems products which can be found on their websites; however, Walmart and Target normally have a nice selection of bands. Note that instead of the tubing ring, you can also use rings made of latex or fabric; but I like these better.

## Item 1 – Ankle and Wrists Weights



**Instructor's Note:** As with dumbbells, strap-on weights provide a combination of cardiovascular and strength training, which helps to build muscle. Ankle and wrists weights come in a variety of color and styles. Many of them are interchangeable meaning you can wear them on ankles or wrists in the first and second example. You may also purchase weighted gloves. I will; however, advise that you start small. For the way we use them in class, I would suggest 1-2 pounds for either. Pay close attention to the weights and if you choose a higher weight, make sure they are adjustable. I purchased nonadjustable, 10-pound ankle weights before and it was absolutely nothing I could do with them.

Zumba Toning (Saturday morning only) and Aerobics (Thursday)

## Item 1 – Ankle and Wrists Weights



1 pound



2.5 pound

**Instructor's Note:** If you are planning to rock with me in Zumba class on Saturday morning, you may want to obtain a set of these nice, light weight Zumba toning sticks that will allow you to join the dance party. (note: if you are taking Zumba on Monday, you will not need the sticks).

If you didn't know, there are 12 different types of Zumba classes. On Mondays, we do Zumba basic where we dance to hot rhythms; but, on Saturday, we do Zumba toning where we dance to hot rhythms; but blended with moves and body sculpting techniques using maraca-like sticks for an intense strength-training experience. The sticks make for a better experience; however, you may use regular dumbbells; but, 1-2 pounds; no more than 3 pounds for guys.

If you are interested in purchasing these, talk to me as I may be able to order for less.

Line Dance and Zumba (Monday evening Saturday morning only)

### Item 1 – Shoe Socks\*



**\*Consider purchasing these if you are doing these classes and working out on carpet.**

**Instructor's Note:** If you are planning to rock with me for Zumba or join me for some nice, smooth, easy; but, sometimes semi-challenging line dances, and you are dancing on carpet, please purchase these.

The shoe sock will help you do smooth pivots and turns on carpet. In addition, it will keep you from putting too much pressure on your joints. rock with, please purchase if you are dancing on carpet.

Provided below is the link to Amazon so you don't have to search for them:

[https://www.amazon.com/gp/product/B00P6VYS0Q/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o05\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B00P6VYS0Q/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1)

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## Item – Gliders



**Instructor's Note:** Gliders are used for toning, strengthening and core work. If you plan to purchase these make sure you buy them for whatever surface you plan to use them on; carpet or tiled or hardwood floor. This is the brand I use but I have provided a link for many different brands.

Want to know a secret? They say you can use paper plates instead; but, I've never tried them.

[https://www.amazon.com/s?k=glidders&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=glidders&ref=nb_sb_noss_2)