

AGDco. Requirements For Deep Stretch & Conditioning Classes :

Ankle/ Arm weights

(You can alter the weight on the band based on the specific exercise)

<https://a.co/d/022an1cm>

Set of 2 yoga blocks

(students can choose their colors)

<https://a.co/d/0cswzLrj>

Multi loop stretch band

<https://a.co/d/0cFORDrr>

Small Pilates

ball <https://a.co/d/0bhqO8or>