

# essence equipment list

## PILATES

STOTT PILATES MINI STABILITY BALL - 12 INCH

PROBODY PILATES MINI EXERCISE BALL - 9 INCH ANY COLOR

YES4ALL EPP EXERCISE FOAM ROLLER – 36 INCH ANY COLOR

TUNE UP FITNESS – THERAPY BALLS

TUNE UP FITNESS – ALPHA BALL | LARGE THERAPY BALL

MERRITHEW RESISTANCE LOOP BAND - RED

BALANCED BODY ULTRA-FIT CIRCLE PILATES RING

In studio, available for use in class.  
Needed for Zoom.

## YOGA

BOLSTER - 28”L X 12”W X 8”TH

BLANKETS - RECOMMEND 2

BLOCKS - 4” - RECOMMEND 2

STRAP - 8 FOOT



essence mind • body studio  
TAKING CARE OF THE ENTIRE YOU

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