🛒 Equipment Shopping List – Under $100

This list is only a recommendation; you are welcome to check for better and cheaper at any retailer of your choice. Effective participation in our classes will require the listed equipment.

1. Pilates Ball

- 📍 **Amazon link:** https://a.co/d/0t28g9q

2. Resistance Loops

- 📍 **Amazon link:** https://a.co/d/baG01Wv

3. Resistance Tubing

- 📍 **Amazon link:** https://a.co/d/5Dp2kvh

4. Therabands (Option 1 – easier/ Option 2 – harder)

- 📍 **Option 1:** https://a.co/d/5Dp2kvh
- 📍 **Option 2:** https://a.co/d/58KaS4K

5. Wooden Dowel / Solid Cane / Broom Stick

- 📍 3 ft dowel or solid non-foldable cane, or broom stick

6. 2 Pens with Brightly Colored Tops