



marin *dance* theatre
Lynn Cox, Artistic Director
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Summerdance 2023 Class Attire & Pilates Equipment List Intermediate 1, Intermediate 2/3 & Advanced Levels

CLASS ATTIRE

Please come to class with a neat and tidy appearance. MDT uniforms and shoes can be purchased online at discountdance.com or locally at Marin Dancewear Dance Shop located at 5420 Nave Drive, Ste. D Novato, CA 94949, (415) 895-9090.

GIRLS - All ballet classes: Plain black leotard of your choice (no embellishments), pink ballet slippers & pink tights - (Body Wrapper A46CBP adult).

BOYS - All ballet classes: Black tights, white t-shirt, white socks, black or white ballet slippers.

Hair: Please have your hair in a neat and tidy bun or off your face if too short for a bun.

Accessories: No jewelry or body piercings (stud earrings OK).

CHECKLIST FOR PILATES CLASSES

- **Pilates Mat** - If you are purchasing a *new* mat, please purchase a pilates mat (not a yoga mat) approximately ¼" thick with some texture so it won't slip. Suggested brands are Airex, Ecowise and GoFit. Stores carrying these brands are Big 5, Amazon, and Target. Here are some suggestions for varying prices:

Airex (higher quality, but more expensive)

https://www.amazon.com/SPRI-Airex-Pilates-Black-0-3-Inch/dp/B008DSJMS2/ref=sr_1_7?dchild=1&keywords=airex+for+pilates&qid=1592437694&s=sporting-goods&sr=1-7

Go Yoga (less expensive)

https://www.amazon.com/BalanceFrom-BFGY-AP6BLK-Anti-Tear-Exercise-Carrying/dp/B00FO9U46W/ref=sr_1_3?dchild=1&keywords=non+slip+pilates+mat&qid=1592437882&s=sporting-goods&sr=1-3

(continued on back)

Prosource - (less expensive)

https://www.amazon.com/ProsourceFit-Pilates-71-inch-Exercise-Carrying/dp/B07VWY8JLG/ref=sr_1_18?dchild=1&keywords=pilates+mats&qid=1592438020&s=sporting-goods&sr=1-18

- **Exercise Ball**

https://www.amazon.com/Exercise-Stability-Training-Resistant-Inflatable/dp/B07CPR21X7/ref=mp_s_a_1_6?crid=D8ACYIYCDCG&keywords=gertie+balls&qid=1650921631&sprefix=gertie+%2Caps%2C313&sr=8-6

If you already have a “Gerty Ball” or “Squishy Ball” you don’t need to purchase this.

- **TheraBand Set** (suitable for Junior dancers)

https://www.amazon.com/TheraBand-Resistance-Professional-Non-Latex-Exercise/dp/B01A58FHQ8/ref=sr_1_4?dchild=1&keywords=Theraband&qid=1592344387&s=sporting-goods&sr=1-4

Please free to call us at (415) 499-8891 or email us at info@mdt.org with any questions or concerns. We are looking forward to an amazing summer!