

PROPS/EQUIPMENT* NEEDED FOR
BRUNSWICK FOREST VIRTUAL ZOOM LAND CLASSES
for classes tailored to aqua work, equipment list included on schedule

* Some items below are in lieu of dumbbells

MONDAY

Cardio, Weights, & Abs

Michele

9:30-10:15

3 pairs of Household items weighing between 3 – 10 lbs, i.e. light, medium & heavy weights
Mat or towel for floor work

Pilates 2.0

Michele

10:30-11:30

Sufficient floor space to lay down
1 pair of household items weighing between 2-3 lbs

Cardio/Sculpt

Mike

11:40-12:30

A chair

A common household item you can hold in your hands for some small additional weight (soup cans, bottles of water, etc)

Cardio & Strength

12:40-1:30

Mike

A yoga mat if you have one, or use a sofa or bed (for core exercises)

Any common household item you can hold in your hands for some small additional weight (soup cans, bottles of water, etc)

CHAIR Strength, Balance & Flex

3:00-3:45

Juanita

H2O (For Hydration)

CHAIR (Sturdy/NOT on wheels)

1 household item weighing between 1-2 lbs

1 Tennis Ball

1 “squishy” object used to squeeze and strengthen fingers. Could be sock filled with sponges.

Long Leather or Canvas Belt

2- 14.5 oz. Canned Goods

2 - Large Potatoes = 1 lb. ea.

1 - Box of Nabisco Saltine Crackers = 1 lb. or a similar box

Circuit Charge

6:00-6:45 pm

Juanita

H2O (For Hydration)

Mat / XLG. Beach Towel

STEP (If available)

2- Dinner PAPER Plates

Wooden Dowel Rod - 36" long or broomstick

90 Fl.Oz. - DAWN Liquid Dish Soap= 5.625 lb.

Softball/Basball Bat/Poster Mailing Tube

Lb. - Quaker Old Fashioned Oats or something similar

Tennis Ball

A bucket

Tuesday

Stretch & Tone 4 VITALITY

7:15-8:00

Juanita

H2O (For Hydration)
Mat / Large Beach Towel
Resistance Band /long scarf/ or similar fabric of about 3 ft.
2 lb household item
2 - 14.5 oz. Canned Goods
1 Golf Club or similar pole or broom stick
1- 4lb. Bag of items to hold onto while sitting and standing
Box or 4-sided container holding items weighing 3-4 lbs for weight strength training

Body Sculpt

8:15-9:00

Alan

72 ounce or more laundry detergent or bottle of bleach with handle (5 pounds or more)
mason jars filled with water (2-3 pounds)
(2) gallon jugs of milk or water (8 pounds each)
Mat or carpeted surface
Washcloths for hardwood floors or paper plates for carpet

Vinyasa Flow

9:15-10:15

Kristen

Yoga mat, beach towel or carpet/rug surface

CSI

9:30-10:15

Adrienne

Light, medium or heavy basket of clothes.
Bottles of water half or full.
A bag of rice. If the full bag is too heavy adding rice to an empty water bottle may also be an option.
Long towel

Gentle 1 Yoga

10:30-11:30

Kristen

Yoga mat, beach towel or carpet/rug surface

Gentle 2 Yoga

10:30-11:30

Kristen

Yoga mat, beach towel or carpet/rug surface

CSI

9:30-10:15

Adrienne

Light, medium or heavy basket of clothes.
Bottles of water half or full.
A bag of rice. If the full bag is too heavy adding rice to an empty water bottle may also be an option.
Long towel

Flow Yoga

5:30-6:30

Pious

Yoga mat or beach towel

Water

YinYoga

6:45-7:45

Pious

A yoga mat,

strap/leash/belt,

3 bath/beach towels

Be positioned with the short edge of the mat against a wall or sofa.

Might be nice to have bed or throw pillows nearby.

Wednesday

See Monday class equipment list for 8:30 – 3:00 classes except for Pilates 1.0 & Intro To Pilates at 10:45

Pilates 1.0

Michele

9:30-10:30

Resistance bands of varying resistance. (See Intro class below for details)

Light weights (2-3 lbs)

Any props needed for posture alignment as used in Intro class

Intro To Pilates

Michele

10:45-11:45

Resistance bands of varying resistance. These are long, stretchy rectangle strips approximately 6" wide. The length can vary, but should be at least 48". As an example, see Therabands online. A good substitute for resistance bands is a loose-weave scarf of the same dimension.

Pillows of various size and density to possibly place under your head, hips, between legs when laying on back. Yoga block or foam roller or a bath towel folded in ½ lengthwise and rolled up tight.

20-15-10

6:00-6:45 pm

Juanita

H2O (For Hydration)

Mat/Beach Towel

STEP (If available)

Rolling Pin = 2 lb. or rolled up yoga mat or beachtowel 4 lb. Bag Rice or similar item

2 lb. household item

Long Leather or Canvas Belt

CHAIR (Sturdy - NOT on wheels)

Gentle Yoga/Meditation

7:00-8:00 pm

Juanita

H2O (For Hydration)

Mat/ XLG. Beach Towel

Long Strap/Belt

Pillow

Blanket

Small Towel or Eye Pillow

Thursday

See above list for 7:15 – 3:30 classes with the exception of the 8:15, 1:00, & 2:15 classes listed below

Core, Flex & Balance

8:15-9:00

Kristen

Household items weighing 2-5 lbs

Yoga mat or beach towel

Water for hydration

CSI

9:30-10:15

Adrienne

Light, medium or heavy basket of clothes.

Bottles of water half or full.

A bag of rice. If the full bag is too heavy adding rice to an empty water bottle may also be an option.

Long towel

Meditation & Breath Work

1:00-2:00

Heather

Chair or comfortable seared position

Adaptive Yoga

2:15-3:15

Cecelia

Towel, scarf or belt

Small pillow

2 full water bottles

Chair or comfortable seated position

Friday

Spartacus

7:00-7:45

Mike

Mat or beach towel if you have one, or use a sofa or bed (for core exercises)

Any household item you can hold in your hands for some small additional weight (soup cans, bottles of water, etc)

Total Body Conditioning

8:00-8:45

Jeanne

Any household items weighing 5-12 lbs in pairs to strength train arm and legs

Mat or towel for floor work

Spartacus

9:00-9:45

Michele

3 pairs of Household items weighing between 3 – 10 lbs, i.e. light, medium & heavy weights

Mat or towel for floor work

See above for 9:55 and 11:45 class