

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

MERRITHEW RESISTANCE LOOP BAND - RED


YOGA

BOLSTER

BLANKETS - RECOMMEND 2

BLOCKS

STRAP - 8 FOOT

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TAKING CARE OF THE ENTIRE YOU