

## PROGRESSING BALLET TECHNIQUE (PBT)

There are several pieces of equipment need to take the PBT classes.

An extra \$10 fee is added to the PBT registration to cover the cost of the TheraBand required for the class.

Students must bring a **yoga mat** and bring an **exercise ball** following the sizing instructions below:

### Exercise Ball

Also known as a 'Swiss Ball' or 'Fit Ball.'

Using your height to size up your ball.

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height	Recommended ball size (diameter)
Under 4'8"	45 cm ball
4'8" to 5'3"	55 cm ball
5'4" to 5'10"	65 cm ball
5'10" to 6'4"	75 cm ball

