



## Equipment Requirement Sheet

### Barre Connect Specialty Certification

In this one day, NETA Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with a deep understanding of the science, technique, and 4 main components behind Barre Connect. Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training to create a FUN, total body workout.

#### Space Needed:

Group Exercise Studio: 8am – 5pm

#### Equipment Required:

\_\_\_ Mounted Ballet Bar or Portable Ballet Bar

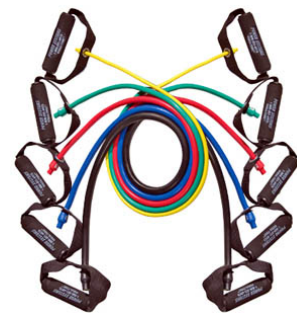
\_\_\_ Yoga Mats

\_\_\_ Dumbbells

\_\_\_ Resistance Bands

#### Optional Equipment:

\_\_\_ Small squishy balls



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)