

Find within this document some great tips on what to wear and/or bring to each of the classes offered!

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GENERALLY SPEAKING:

1. Absolutely **NO street shoes in the studios!** Please bring your workout shoes to class. We have plenty of storage space for your belongings and we appreciate you helping us preserve the floors (you'll also make your shoes last longer that way)!
2. **Bring a towel!** Though we do have some little ones to borrow (and some fun ones for sale!) while you're in class. Almost all classes will make you sweat, and even in the ones that don't you can use your towel as a pillow :-)
3. **Bring water!** There is NO WATER FOUNTAIN, though we do have water for sale for \$1!
4. **Wear neon!** The studios' ambiance is just magical and with the LED lighting, you'll glow like the fitness fairy you are! Note, neon is not required just highly suggested :-)

Biggest “bang for your buck”? What few items could you purchase and get away with in all classes? These:

- [Cross-trainer](#) sneakers
- Supportive sports bra
- Comfortable tank top
- Yoga Pants
- Towel

CLASS-SPECIFIC:

ZUMBA® FITNESS (ALL VARIETIES)

TURBOKICK®

Tabata

T&A

BELLY*BOLLY*BHANGRA

- **General:** This attire should be comfortable and cool ... YOU WILL SWEAT. Most important, it should MAKE YOU FEEL LIKE MOVING! Note, Zumba has AWESOME clothes & accessories so check out the gear for sale at Fit FRIENDzy Studios or the [zumba site](#)!
- **Equipment:**
 - Zumba:

- None for regular **Zumba**
 - OPTIONAL Zumba Toning Sticks for **Zumba Toning** (we have sticks for sale at the Studio and we have a handful of sets at the studio for borrowing. Note, absolutely no hand weights or other equipment will be allowed)
 - OPTIONAL aerobic step for **Zumba Step** (we provide)
 - REQUIRED chair for **Zumba Sentao** (we provide)
- **Belly*Bolly*Bhangra:** OPTIONAL Scarves (we provide some)
- **Bottoms:** Baggy pants, yoga pants, leggings, yoga shorts ... anything that doesn't retain heat. Tutus are a big hit in Zumba Step these days too!!! :-)
 - **Tops:** Tank tops, t-shirts, sports bras ... (note: a supportive sports bra is a must, there's a lot of bouncing in these classes!)
- **Shoes:**
 - OPTIONAL for Belly*Bolly*Bhangra
 - **All others:** Supportive sneakers with just a little bit of traction. Most recommended are "cross-trainers" which are best for aerobic-type classes, **NOT running sneakers** as they are too "sticky" and will ultimately hurt your knees. Though some students prefer more cushion for TurboKick. A few favorites are [Nike TR 3](#), [Nike – Musiques](#), [Asics – Gel-Rhythmic Cross Trainer](#) and [Ryka – Women's Assist XT 2](#), but [there are many others](#) and a quick google search will prove that! Zumba also has [their own sneakers](#) but they are often slippery on some floors (including the parquet floors at Fit FRIENDzy Studios) and can be VERY expensive. Note, you'll go through sneakers almost every other month if you're taking 3-4 classes/week (write the date under the shoe's tongue!). This is NOT an area to skimp. For care, be sure to wear your sneakers ONLY during class to preserve their life (and studio/gym floors!)

YOGA

PIYO

BARRE

PILOXING

POUND

SaSS

- **Equipment:**
 - **All:** Yoga mat (there are a handful at the studio for borrowing on a first come first serve basis, though most prefer to use their own mats.).
 - **Barre:** OPTIONAL light hand weights (we provide) & small Yoga balls (we have some, we also have some for sale!)
 - **Piloxing:** OPTIONAL [weighted gloves](#)
 - **Pound:** Ripstix® (we provide)
- **Bottoms:** Yoga pants/shorts or tight capris/tights are best as loose/baggy clothing can get in the way, BUT they're certainly OK to wear!
- **Tops:** Comfortable with moderate support. Keep in mind, downward facing dog is upside down ;-). We do suggest bringing a light layer to wear in the beginning and end of these classes where you're in resting poses and your body temperature is lower as these classes aren't as aerobic as others
- **Shoes:**
 - **All but Barre & SaSS:** Optional, though most go without and many prefer "grippy socks" like [these](#) or [these](#). We have some for sale!
 - **Barre:** None, ballet slippers or [sole shoes like these](#)
 - **SaSS:** Strut and Sculpt with Style is just what it sounds like, a CLASSY twist on Burlesque. So, you'll want to dress in something that makes you feel comfortable and sassy, and most important CONFIDENT. All about preference. As for shoes, it's all about preference. Some go barefoot, some

wear [lyrical foot pads](#), some wear cross-trainers, some wear [stylish wedge sneakers](#). Advanced (after taking a few classes) students may also choose to wear [high heels](#)! Again, mostly mat work with a little standing sassy movements.

TAI CHI

- Unlike any class offered at the studio. This is more about mental practice than physical, though you should NOT underestimate the physical in Tai Chi. An “official” page for clothing suggestions [can be found here](#).
- **Equipment:** Nothing for beginners, eventually you may want to participate in the weapons form at which time we can discuss how to help you get your very own stick!
- **Bottoms:** Anything you’re comfortable in, though loose and airy (think nursing scrubs!) is most recommended. Cotton is best.
- **Tops:** Again, anything really though we suggest adding a light layer to your top as the studio will be chilly due to other classes and you want to be comfortable! There is limited fast movement and nothing aerobic so opt for comfort over support.
- **Shoes:** There are special Tai Chi shoes [which can be found here](#), but for light practicers or beginners we suggest flat, light, slippery shoes. Barefoot isn’t recommended at the studio simply because your feet will get cold, and socks would be too slippery. Believe it or not, the official Zumba Sneakers which are typically too slippery at the studio for Zumba, work well!