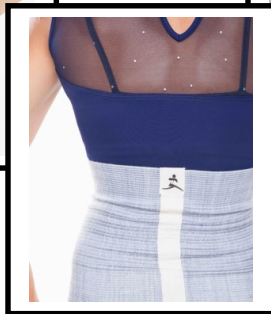
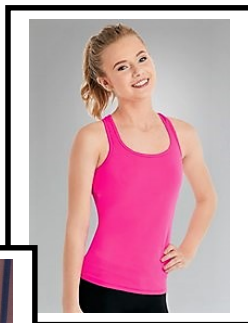
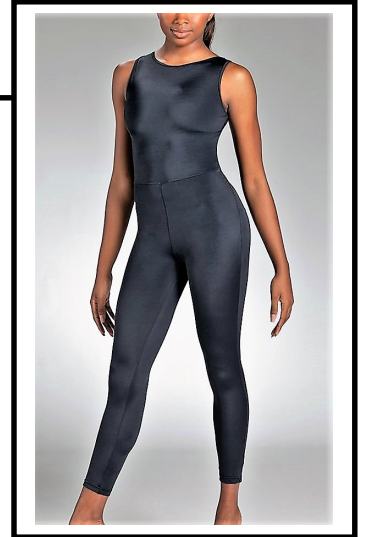


What to Wear, What to Bring Contortion Classes

Women/Girls Contortion Attire

1. Leotard, unitard or tight top (no sports bras with bare midriff).
No baggie t-shirts. Cotton fabric is preferred.
2. Leggings or stirrup tights (no bare legs).
3. No rhinestones, sequins, studs, velcro, zippers, pockets
4. **NO JEWELRY: NO earrings, NO bracelets, NO necklaces, NO rings, etc.**
5. Bare feet or socks
6. Hair pulled back neatly in ponytail or bun
7. Back Warmer (elitesportzband.com)



What to Bring:

1. Mask (during Covid protocol)
2. Plastic bottled water or thermos (no glass)
3. Yoga mat
4. Yoga blocks (2)

Men/Boys:

Shirts and bottoms must be tight fitting Under Armour-style. They can be purchased at Wal-Mart, Target, and any sporting goods store.

In addition, male students should wear a dance belt or athletic supporter.

