



Here's what you need for Lauren's Zoom Classes

MAT FUSION:

For my classes, Mat Fusion light weights, bands and pilates balls are all optional. For Pound, anything they can drum with or hand clapping is optional. Also, sticks can be purchased if anyone is interested: <https://shop.poundfit.com/shop/ripstix/>

Recommended equipment:

- Light weights (optional)
- Resistance bands and pilates balls (optional)

POUND:

- Anything you can drum with
- Hand-clapping can be substituted for drumming
- If you'd like to purchase your own sticks, you may purchase them online at <https://shop.poundfit.com/shop/ripstix/>

Suggested Playlist:

Ask Lauren for Details