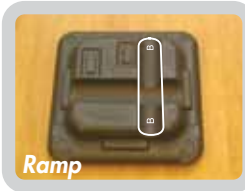


Station Essentials



Set Up

Everyone is responsible for setting up their own equipment for class. You will need a STEP platform, 2 black support risers, and 2 gray freestyle risers.



Freestyle Risers

Every Group Core class uses the freestyle risers in either the incline or the ramp position. Your instructor will indicate when it is time to change to the appropriate position.

Additionally, you will need plates and a towel.



1 towel

1 large plate

1 or 2 medium plates



What to bring to class

Bring a towel, a water bottle and your energy. Wear something comfortable like sweat pants and a t-shirt. Be sure to wear proper athletic shoes and socks for exercising so your feet are well supported.