



**Supply List—Stella Levy
Pilates for a Strong Body and Mind
LLI462**

Yoga Mat or rug

2-5 lb weight or 2 vegetable cans*

*please select weight based on your own ability and strength

Lifelong Learning Institute, Wellness Class Supply List. Questions?
Please email Natasha.Sacks@montgomerycollege.edu or
Tracy.Ritenour@montgomerycollege.edu