

PhysioPilates Props

Synergy

All Prices Inc Tax

Soft Foam Roller (Optp Pro Foam Roller 36"x6")	\$90.00
Yoga Tune Up Therapy Balls	\$30.00
Mini Bands	\$10.00
Miracle Balls (set of 2)	\$30.00
Mini Stability Ball	\$25.00
Resistance Band	\$15.00

Stott Pilates Props Online:

www.merrithew.com or amazon.ca

- Mini Stability Ball (small)
- Flex band (red and blue)
- Half Foam Roller Deluxe
- Toning Balls (1 & 2 lbs)
- Fitness Circle Lite (14")

Decathlon Online or MicMac:

- Balance pad
- Weights
- Swiss ball
- Pilates ring
- Resistance bands

Favorite Home Exercise Reference Books

Karl Knopf – amazon.ca