



CORE COLLECTION

2023 WHOLESALE CATALOG



Eliza Minden

The Gaynor Minden pointe shoe is the first successful modernization of ballet's iconic footwear. It grew from my love and personal experience of ballet.

As an ardent amateur, I realized that sore toes did not make me a better dancer, and as the daughter of a ballet school founder, I knew that pointe shoe frustration was widespread. Later, as an administrator, I struggled to pay for pointe shoes only to see them worn out after just one show, and I saw beautiful dancers sidelined by injury.

Borrowing my brother's bandsaw, I cut open traditional pointe shoes and found cardboard, paste, burlap, and even

newspaper. From sports I knew that modernized equipment makes all the difference in the comfort, safety, and enjoyment of physical activity. Why then were dancers — the most elite athletes of all — using such antiquated shoes? Other artists enjoy the benefits of progress in countless ways, from painters' vivid pigments to musicians' superbly engineered instruments — why not dancers, too?

Putting my outrage into action, I quit my job to study the materials that had revolutionized modern footwear. I recruited scores of ballet teachers, dance medicine experts, and professional dancers in New York and, in 1993, after eight years in testing and research, Gaynor Minden made its debut.

Our shoes are handmade using a unique manufacturing process that is both state-of-the-art athletic shoe science and traditional, artisanal craftsmanship. My husband, John Minden, is C.E.O. and deserves more credit than he ever gets. I continue to design for dancers.



Eliza Minden developing the Gaynor Minden pointe shoe

The company that John and I started in our small Manhattan apartment twenty-nine years ago is now a global brand. We're gratified that independent medical research confirms Gaynor Minden's superiority in promoting safe and correct technique. We are honored that respected teachers recommend them, and that over 200 of the world's great companies buy them. We hope you like them too.

May ballet always bring you joy,

Eliza

Eliza Gaynor Minden Head of Design

SHOES & ACCESSORIES

It's amazing what goes into making something effortless



What's The Difference?

...And Why It Matters.



- * Visit dancer.com/medicalstudies to read the medical research.
- ** Genuine Roger's Corp. Poron® Performance Cushioning has the American Podiatric Association Seal of Acceptance.



Secure alignment and effortless roll-through

Italian made Premium Weave Satin is exclusive

- recommended for all dancers.

to Gaynor Minden.

FITTING & ORDERING OPTIONS

Example: Model Length Width Shank Vamp Box

Line LYRA (L) New!

> Premium Weave Italian Satin (only at Gaynor Minden), new pliable construction, and flexible vegan sole for secure alignment and effortless roll-through.

EUROPA

Robust Italian satin provides wraparound support to the entire foot so dancers can wear a softer shank.

Model



SCULPTED FIT (SC)

For a slightly tapered foot with a "waist": cut with an ample metatarsal, a snug midfoot, and a narrow-medium heel.



CLASSIC FIT (CL)

For a "U"-shaped foot: the metatarsal, midfoot, and heel are generously cut.



SLEEK FIT (SK)

For a tapered "V"-shaped foot: cut with a slim metatarsal and a truly narrow midfoot and heel.

Length Please note that dancers may need a longer size in Sleek Fit and Sculpted Fit than they do in Classic Fit.

Gaynor Minden	4/4.5	4.5/5	5/5.5	5.5/6	6/6.5	6.5/7	7/7.5	7.5/8	8/8.5	8.5/9
U.S. Women Street Shoe	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5
European Street Shoe	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5

Gaynor Minden	9/9.5	9.5/10	10/10.5	10.5/11	11/11.5	11.5/12	12/12.5	12.5/13	13/13.5
U.S. Women Street Shoe	8	8.5	9	9.5	10	10.5	11	11.5	12
European Street Shoe	38	38.5	39	39.5	40	40.5	41	41.5	42

Width Fits the midfoot and metatarsal area.

N = Narrow

M = Medium W = Wide



NARROW





MEDIUM



Fits the toe and metatarsal area.

#2 = Small & Tapered

#4 = Broad & Square

#3 = Medium & Tapered

#5 = Very Broad & Square

#3+ = Medium & Square







Shank

= Pianissimo (Very Flexible)

F = Feather (Flexible)

S = Supple (Medium)

X = ExtraFlex (Stiff)

H = Hard (Very Stiff)

We do not recommend Hard shanks for most dancers. Hard shanks do not last longer than our other shanks.

Heel Vamp

L = Low L = Low H = High D = Deep

• The Deep Vamp is 1/4" (6 mm) longer than the Low Vamp.

• The Low Heel is slightly higher in Sleek Fit and Sculpted Fit than it is in Classic Fit. In Classic Fit, there is a 3/8" (1 cm) difference between the Low and High Heel. In Sculpted Fit and Sleek Fit, the difference is 1/4" (6 mm).

FINISHING TOUCHES



Cappuccino, Mocha, and Espresso satins complement a wide range of skin tones. They are a great base for customizing pointe shoes, but also work for many dancers just as they are. Available as a made-to-order option — at no extra charge!

Glowing pearl White satin is made for the stage. Available as a special order option for an additional fee.







VEGAN SOLES

Made from microfiber, they're just as durable as leather and even more flexible. Great for animal lovers — or anyone searching for effortless rollthough and demi-pointe. Standard with LYRA pointe shoes. Pair with satin tips to create a completely vegan shoe!



FRESH POINTES

A detox for your pointe shoes!

Activated bamboo charcoal naturally absorbs moisture and eliminates odor to keep your shoes looking (and smelling) fresh.

Place Fresh Pointes inside shoes after class or whenever they're not in use.

Try them in your dance bag and sneakers too!

SA-C-144Material: Polyester, Bamboo Charcoal



POINTE POCKETS

It's the perfect toe pad.

Designed and shaped expressly for Gaynor Mindens, but works great in other pointe shoes, too. Slim and non-bulky so you really feel the floor.

Seams located away from toes for comfort. 4-way (not 2-way) ultrasoft stretch fabric. Made in the U.S.A. with medical grade, hypo-allergenic TPE gel — holds up better and feels fabulous.

SA-F-139

Sizes: Small, Medium, Large Material: Polyester, TPE Gel



RIBBON

Soft, double-faced, pointe shoe ribbon. 7/8" (2.2 cm) wide. Ample 2¹/₂ yd (2.3 m) for one pair of shoes. Or by the spool, 54²/₃ yd (50 m). Pink, White: Nylon. Cappuccino, Mocha, Espresso: Polyester.

PRE-CUT SPOOL

SA-R-101 Pink SA-R-105 Pink SA-R-132 Cappuccino, Mocha, Espresso SA-R-127 White



ELASTIC

The essential. Firm and long lasting 3/4" (2 cm) elastic. Ample 15" (38 cm) for one pair of shoes. Or by the spool, 72 yd (66 m).

PRE-CUT SPOOL New Color!

SA-E-102 Pink SA-E-106 Pink

SA-E-133 Cappuccino, Mocha, Espresso SA-E-128 White, Cappuccino



STRETCH RIBBON

Stretchy enough to be super comfortable, but firm enough to provide extra support for your hardworking ankles. Matte finish. 7/8" (2.2 cm) wide. Pre-cut: four 21" (53 cm) pieces. Spool: 54 ²/₃ yd (50 m). Nylon/Spandex.

PRE-CUT New Colors! SPOOL

SA-R-141 Pink, Cappuccino, SA-R-142 Pink Mocha, Espresso



ELAAAHSTIC

Your feet will say "AAAH . . . "

Add extra comfort (and support) to technique slippers and pointe shoes with super soft, wonderfully plush Elaaahstic. Heat-sealed edges to minimize fraying. Generously wide. Four pieces of $7^{1}/2'' \times 7/8''$ (19 x 2.2 cm) elastic per packet.

SA-E-125



T.L.C. RIBBON

Your feet and ankles deserve some T.L.C.: Tendon Loving Care. Pointe shoe ribbons must tie snugly to look neat and professional, but standing flat they can chafe the Achilles tendon. A strategic insertion of elastic makes ribbons comfortable. Ours are super-tidy; ribbon and elastic are same width and color, meticulously stitched together. Ample (4 ribbons) for one pair of shoes.

PINK: SA-R-120 WHITE: SA-R-138



INVISIBLE ELASTIC

Lace-like stretch material that virtually disappears next to tights. Works for technique slippers, too.

Pre-cut: Ample 30" (76 cm) for two pairs of shoes.

Spool: 72 yd (66 m).

Nylon/Spandex.

PRE-CUT: SA-E-108 SPOOL: SA-E-146 New Size!



TOE WRAP

Save skin; dishearten corns; and while you're at it, make bunions feel unwelcome. Our stretchy Microfoam toe tape protects and cushions, allows complete freedom of movement, and peels off with no sticky residue. So soft and light it's almost fluffy. 5 ½ yards (5 m) per roll. **SA-T-109**



DANCERS' DOTS

Soothing Dancers' Dots reduce irritation, help protect against blisters, and relieve pressure on sensitive areas of the foot. Utilizing advanced hydrogel technology, our protective gel cushions are composed almost entirely of water, yet are durable enough to withstand your longest days. Easy to use — simply remove the backing and tape to skin.

FULL SIZE (90 DOTS): SA-T-126 MINI PACK (20 DOTS): SA-T-134-20



INSTANT WINGS

Enjoy the security and comfort of a "winged" toe box (without the expense or delay of a special order).

Firm, resilient Instant Wings provide cushioned support

— just where it's needed. Easy to use: fold each wing in half and slide it into the toe box; your foot will keep it in place.

Made from Poron® Performance Cushioning.

SA-F-124



TOTALLY TOES KIT

Because sore toes do not make you a better dancer.

COOL BLUE CRESCENT takes pressure off a longer 2nd toe.

COOL BLUE OVAL takes pressure off the big toe.

MUSHROOM CUSHION protects sensitive big toenails.

DYNAMIC BOX LINER hugs the top and sides of the foot to prevent it from sliding down into the box, while allowing the metatarsals to feel the floor.

SA-F-103



DYNAMIC BOX LINERS

So innovative they're patented! Dynamic Box Liners hug the top and sides of the foot to hold it in place. By preventing the foot from sliding down into the box they keep pressure off the big toe. Amazingly effective! And you can still feel the floor.

Made from Poron® Performance Cushioning.

SA-F-111



BIG TOE KIT

2 COOL BLUE OVALS (protects tips and corners of big toes)
2 MUSHROOM CUSHIONS (protects sensitive big toe nails)
SA-F-135



SECOND TOE KIT

COOL BLUE CRESCENTS (takes pressure off a longer second toe) COOL BLUE OVALS (adds length to a shorter big toe)

SA-F-136

Europe • +44 (O) 1273 429 429 • europe@dancer.com



ADHESIVE SOCKLINERS

The Solution.

Fine-boned feet, delicate feet, narrow feet, shallow feet, and even ordinary feet struggling in between sizes — Rejoice! So many fittings are made so much better by the simple addition of Adhesive Sockliners, the insoles that stay in place. Made from Poron® Performance Cushioning. One size.

SA-F-140



HEEL GRIPPERS

Super useful Gaynor Minden Heel Gripper actually keeps your shoes on your heels. Its textured surface really holds your foot, while the peel-and-stick backing keeps gripper locked in place. And, by filling in the extra space around your heel, it makes the back of the shoe beautifully smooth, sleek, and free of lines and wrinkles. Especially helpful for dancers with narrow heels.

SA-F-110



TOE ALIGNERS

Use Toe Aligners between the big toe and second toe to help align the metatarsals en pointe and promote correct alignment of the bunion and big toe joints. They are especially helpful for dancers who have bunions, a long second toe, and/or a large space between the big and second toes. Made from Poron® Performance Cushioning.

SA-F-143



VAMP ELASTIC

Going over? Popping out? Suffering from your gorgeous arches? Stitch Vamp Elastic in the throat of your shoe and feel the added support that an extra-deep vamp would provide — with no compromise of demi-pointe and no special order. 15" (38 cm) ample for one pair of shoes. Instructions included.

SA-E-107

DANCEWEAR

Bold or basic, always beautiful





CAP SLEEVE LEOTARD

Like tendus at the Bolshoi: a basic with panache.

Sweet, flattering V neckline and a sophisticated back.

Adjustable front shirring. Bra liner.

AL-113 Sizes: P, S, M, L Material: 91% Nylon, 9% Elastane







FIERCE LEOTARD

Bashful Bunhead? Timid Trina? Not anymore! Fire up your inner Diva and be the boldest dancer in the studio.

Made from an ingeniously sustainable fabric manufactured from recycled materials.

Strong geometric mesh panels. Bra liner.

AL-130

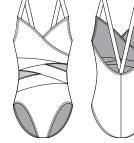
Sizes: P, S, M, L













Material: 78% Recycled Polyamide, 22% Elastane



MADE IN THE E. U.



MOXIE LEOTARD

Forget the lace and ruffles, Moxie is Seriously Sporty. You can't be lazy in a leotard with this much energy.

Racer cut armholes accentuate those delts front and back (gym-speak for shoulder muscles).

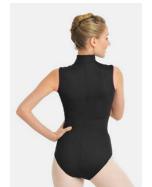
> Mock-turtleneck unzips to a great V-neck. Full front lining.

AL-124 Sizes: P, S, M, L Material: 90% Tactel®, 10% Lycra®









LACE LEOTARD

Our best-selling leotard has been imitated but never equaled. This is the real deal, with superb fabrics and workmanship.

The original beautiful open neckline showcases dancers' exquisite necks and collarbones — pretty enough to wear out to dinner.

Slightly belled cap sleeve. Shelf bra.

AL-103 Sizes: P, S, M, L, XL Material: 90% Tactel®, 10% Lycra®















CLASSICAL REHEARSAL TUTU

We did our homework and this is what dancers requested:

Clever European-style alternating hooks and bars won't come undone, even in complicated partnering.

Accommodating stretch mesh waistband and brief. Nine layers of pleated tulle, generously tacked. Hand pleated top layer.

AS-103

Sizes: P/S, M/L Tulle: 100% Nylon Belt/Brief: 79% Polyamide, 21% Elastane









ROMANTIC REHEARSAL TUTU

Soaring sylphs and whirling wilis need tutus too!

One layer of stiff tulle provides structure below while two layers of soft, diaphanous tulle float above.

Adjustable waistband with European-style alternating fasteners that stay securely hooked. Comfortable stretch mesh waistband.

AS-104

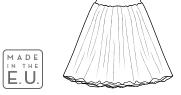
Sizes: P/S, M/L Tulle: 100% Nylon Belt: 79% Polyamide, 21% Elastane





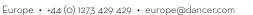














MICROTECH WARM-UP PANTS

Our sleek, updated version of the classic warm-up.

Rich MicroTech fabric drapes gracefully and is cut slim for an elegant line.

Bonus: absolutely silent when legs brush together.

AW-122 Sizes: P, S, M, L Material: Polyester Microfiber





Black





MICROTECH ROMPER

Our sumptuous and silent MicroTech fabric is now available in a playful Romper!

Perfectly fitted elastic leg band creates a flattering line without constricting movement.







ack Mulberry

















MICROTECH **JUMPSUIT**

A dancer's favorite traditional warm-up, but in MicroTech, an amazing modern fabric that moves beautifully, silently, and so comfortably.

Super pretty ruching.

AW-127 Sizes: P, S, M, L Material: Polyester Microfiber









STUDIO JACKET

Transition from the studio to the street with style to spare.

Warm plush fleece velour lining. Two front pockets. Zip closure. Light Pink embroidered logo.

AW-132 Sizes: P, S, M, L, XL Material: 80% Knit Cloth Flocking, 10% Polyester, 10% Elastane

















SWEATER TIGHTS

Featherlight and toasty warm.

No bulkiness, no resistance just softness, stretch, and comfort.

> Soft elasticized waistband. Dyed-to-match crotch gusset. Flat seamed. Footless.

> > Made in Italy.

Sizes: P, S, M, L, XL





Material: 70% Acrylic, 30% Nylon



MODERN MESH **TIGHTS**

Our modernized mesh has a rounded, open weave. It's even stretchier, even softer, and even more comfortable.

But we didn't update everything. Traditional mesh tights have a distinctive seam in back. We think it makes those beautiful dancer legs look even better!

Thoughtful features:

- Plush waistband
- Dyed-to-match crotch gusset
- Extra-wide convertible opening
- Flattering, versatile color

AT-106

Sizes: S, M, L, XL Material: 85% Nylon, 15% Spandex















MICROFIBER **TIGHTS**

Meticulous manufacturing, advanced textile technology, and only the finest genuine microfiber are what give you the utmost freedom of movement and an incomparably soft and luxurious feel.

> Dyed-to-match crotch gussets. Soft-knit waistbands.

CONVERTIBLE AT-101, CT-102 Adult: S, M, L, XL • Child: S, M, L Colors: Pink, Light Pink, Black, Cappuccino, Mocha, Espresso

FOOTLESS AT-102

Adult: S, M, L Color: Black PERFORMANCE

AT-108

Adult: S, M, L, XL Color: Light Pink

FOOTED CT-101

Child: S, M, L, Colors: Pink, Light Pink STIRRUP

AT-105 Adult: S, M, L, XL Color: Black

Material: 85% Nylon, 15% Spandex













STUDIO ESSENTIALS

To help make it "effortless"





STUDIO BAG

Perfect for the ballerina on the go:

Sleek, stylish design holds all the essentials — and a whole lot more!

Stay-open top — easy to see what you need.

12 pockets keep you ultra-organized.

Easy to carry with snap tab top handles or padded, adjustable straps.

Easy to clean lining. Water resistant exterior.

BG-S-106

Dimensions: 15" x 10" x 8" (40 cm x 26 cm x 21 cm)

Material: Polyester







Heather Grey Navy Blue







MINI STUDIO BAG

Make a statement with the irresistible mini version of our beloved Studio Bag.

A fashion-forward choice for anyone who prefers a compact carrying option. (Also great for younger dancers who've had their eye on the original!)

- Zip compartment with wide interior pocket.
- Magnetic snap front pocket and two side pockets.
- Adjustable padded shoulder straps.
- Reinforced top handle.

BG-S-108

Dimensions: 9.5" x 4.5"x 12.5" (30 cm x 27 cm x 13 cm)

Material: Polyester



Black

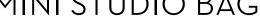




Light Pink Navy Blue











ESSENTIAL BAG

The one bag every dancer needs.

Sophisticated and lightweight, yet large enough to hold everything you need for a full day of dance.

Luggage sleeve slides over handles of rolling suitcases for breezy transport.

Durable 25" (64 cm) shoulder straps. Exterior and interior pockets. Zip closure.

BG-E-109

Dimensions: 21.5" x 7" x 13" (55 cm x 17.5 cm x 34 cm) Material: Polyester



Black





TUTU BAG

Our Tutu Bag:

- Deep enough for at least two tutus
- Strap length perfect for easy carrying

- Tiara pockets

BG-T-107

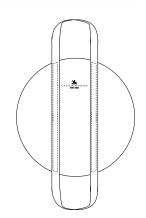
Diameter: 50" (127 cm) Material: Ripstop Nylon

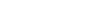


Navy Blue & Light Pink





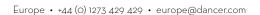




- Lightweight
- Water-resistant

- Adjustable interior strap holds tutus in place
- Snap tab keeps straps together







FLEXIBILITY BAND

Our best-selling accessory: a heavy-duty resistance band designed especially for dancers.

The continuous loop allows for hands-free stretching — or hand assisted, up to you.

Made with seamless wrapped technology for a smooth, comfortable surface.

Generously sized so even the longest legs (we're looking at you, gentlemen) can stretch too.

TA-F-110

Size: 90" (228 cm) circumference Material: Latex, washed to remove 99% of allergens



RESISTANCE BAND

Any time, anywhere — the ultimate portable workout tool. Resistance bands improve your flexibility, increase your strength, and fit easily into your purse or dance bag.

Four very different weights, but sold separately so you buy only what you need.

- PINK Extra Light
- WHITE Light
- PURPLE Medium
- NAVY Heavy

TA-B-112

Dimensions: 54" x 6" (137 cm x 15 cm)

Material: Latex, washed to remove 99% of allergens

FOOT MASSAGE KIT

No one ever said pointework was easy.

Our new Foot Massage Kit contains everything dancers need to stretch and relax their feet after a long day in pointe shoes. (Or any shoes, really!)

It incorporates the innovations of sports science and physical therapy — but was designed specifically with dancers in mind.

- **D** ACUPRESSURE BALL Gentle spikes stimulate muscles and fascia.
- **D** ACUPRESSURE PEANUT Contoured to massage the arch of the foot.
- **THERAPY BALL** Firm pressure for deep tissue relaxation.
- **DRAWSTRING BAG** Bundles everything together!

TA-M-114







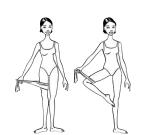
DANCER'S DOZEN

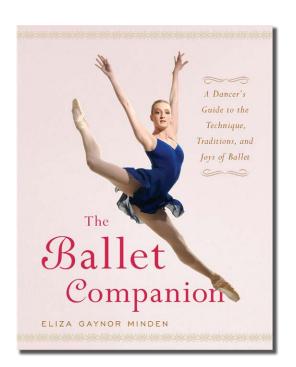
Who better than the physical therapists at NYC Ballet when it comes to intelligent cross-training for dancers?

Thirteen dancer-specific exercises that they devised to help increase strength and flexibility. Comes with two different exercise bands and a nifty, illustrated, flip-card instruction booklet.

#TA-D-103







THE BALLET COMPANION

A ballet student's ultimate reference, *The Ballet Companion* by Eliza Gaynor Minden is a comprehensive guide to the technique, training, artistry, and enjoyment of ballet.

Over 200 illustrations including lavish color photographs of steps and positions. Extensive sections on dancers' health, ballet history, terminology, and must-see ballets. The perfect gift for teachers and students of all levels.

"A superb reference book – every dancer's library should have it. ,,

Angel Corella

Artistic Director, Philadelphia Ballet Former Principal Dancer, American Ballet Theatre

BK-C-101

ROLLER KIT

Kiss muscle tension goodbye!

TA-R-113

Dancers are increasingly integrating the tools of sports science and physical therapy in their daily warm up and recovery routines, yet most of the equipment they rely on was created for sports, not dance.

Our new Roller Kit was designed just for dancers and contains all the essentials for targeting the muscles and fascia most in need of relief before and after a long day in the studio.

Our kit is lightweight, compact, and includes the tools dancers need most:

- ▶ TRAVEL ROLLER Relieves tension in the back, IT band, hips, and legs.
- MINI ROLLER Targeted relief for sore and tight calves.
- ▶ LARGE MASSAGE BALL Perfect for massaging hip flexors and the psoas.
- ▶ SMALL MASSAGE BALL Gets into the intrinsic muscles of the feet.
- MICRO VELVET MAT More comfortable (and cleaner!) than the floor.











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