

FOR IMMEDIATE RELEASE

StrongBoard Balance® Classes Now Offered Exclusively at 220 Fitness

Innovative Balance Platform Revolutionizes Workouts 3 Times/Week at 'Most Loved Gym in Santa Monica!'

MARINA DEL REY, Calif. (June 12, 2014) --- [StrongBoard Balance®](#) classes are now being offered exclusively at 220 Fitness in Santa Monica, California. The revolutionary balance board's ease of use and immediate benefits can be experienced through the instructor-led classes, three times per week. 220 Fitness is the only gym offering classes featuring StrongBoard Balance on Los Angeles' Westside.

"Our product is effective and has a wide range of appeal for all levels of users," StrongBoard Balance creator [Mike Curry](#) reports. "By introducing StrongBoard-based workouts to the public, we encourage active participation in a group setting. Once you step on StrongBoard Balance, you'll understand how well it works. Participants walk away from the very first class stronger than they walked in, and they know it."

StrongBoard Balance classes at 220 Fitness are free for members and non-members attending the class for the first time. The classes continue to be free for members, and \$15 per class for non-members, thereafter.

- Tuesdays: 7:45pm with Instructor [Karyl Sands](#)
- Thursdays: 8:00am with Instructor Karyl Sands
- Saturdays: 11:15am with Instructor [Sarah Ann Corkum](#)

[220 Fitness](#) is located at 3002 Main St., Santa Monica, CA 90405. Recently voted "Most Loved Gym in Santa Monica" by the City of Santa Monica, 220 Fitness combines smaller, more specialized studio based facilities with more traditional common gym philosophy, allowing members more flexibility when it comes to working out.

"StrongBoard Balance continues to receive rave reviews for its unlimited capacity, providing a range of workout combinations for every muscle group, in a fun, efficient, and innovative way," states StrongBoard Balance co-founder Adella Curry. "A common thought for first-time users of StrongBoard is how easy it looks to use, until they step onto to board and realize how intense the workout can be. One girl tweeted photos of her FitBit™ after a 45-minute StrongBoard class; she recorded 927 calories burned. No matter how you slice it up, that's impressive."

To view a video of an outdoor StrongBoard Balance class, click [here](#).

Since the product's launch in late 2013, StrongBoard Balance has attracted praise for its ability to provide an efficient method to strengthen and train the entire body. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results; all while increasing fat burning and weight loss. Created for every body, from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition, StrongBoard Balance is a fun, effective, and innovative way to workout.

For more information about StrongBoard Balance and where to purchase, [click here](#). A video of StrongBoard Balance in use by people of all fitness levels and age groups can be seen [here](#).

Media wishing to attend a StrongBoard class at 220 Fitness, or review StrongBoard Balance may contact Adella@StrongBoardBalance.com

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. Designed to complement and intensify users' favorite workout routines, StrongBoard Balance's patented 'multi-spring technology' provides full-body fitness to increase muscle activation and calorie burn. As a portable and electricity-free platform, it allows users to train using their own body weight for resistance during full-motion exercises. Paired with a licensed physical therapist, StrongBoard Balance aids in the recovery of many injuries created by imbalance. It gently increases the patient's flexibility, range of motion, and strength. Over time and with repeated use, exercising with StrongBoard Balance helps rebuild the bridge between the brain and the injured muscle. As users regain strength and decrease the pain associated with the injury, their range of motion increases allowing for increased blood flow and further healing. For more information, visit <http://StrongBoardBalance.com>, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

About 220 Fitness:

Recently voted "Most Loved Gym in Santa Monica," 220 Fitness combines the smaller, more specialized studio based facilities with the more traditional common gym philosophy, allowing members more flexibility when it comes to working out. 220 offers over 60 classes a week, including everything from Zumba, to cycle, to boot camp style classes, to yoga, and so much more! It even offers classes on the beach, which is located 2 blocks away! 220 Fitness offers one-on-one personal training, semi-private personal training, and small group personal training. The personal trainers are dynamic, fun, and extremely

knowledgeable offering results-oriented workouts that combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. 220's "Second To None" Boxing Academy will really take workouts to the next level and burn up to 1200 calories per workout! The boxing academy consists of learning how to actually fight with technical skills taught by professional boxing coaches and conditioning circuits to make sure everyone is getting a full body workout. 220 is all about having fun and enjoying fitness. The staff's primary goal is to make every workout a productive, gratifying and happy part of client's day. For more information, visit <http://www.220fitness.com>.

Keywords:

StrongBoard Balance, StrongBoard, Balance, StrongHold Fitness, An Evolution In Fitness, 220 Fitness, Santa Monica, StrongBoard class, review, reviews, physical therapy, balance board, platform, springs, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Mike Curry, StrongBoardBalance.com

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