

**MEDIA ADVISORY**  
**Monday, May 19, 2014**

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## **StrongBoard Balance® & 220 Fitness Hold Class to Benefit Heal The Bay Thursday, May 22**

*Media Invited to Participate, Observe,  
& Cover “StrongBoard Burn”!*

[StrongBoard Balance](#)® -- “An Evolution in Fitness™”— and [220 Fitness](#) will be hosting “StrongBoard Burn,” a fitness class benefitting [Heal The Bay](#), Thursday, May 22 at 5 p.m.. The class will be offered for "donation only" to the general public. In support of Heal the Bay, StrongBoard Balance will match all donations received. This event is the first class to feature the innovative balance platform in Santa Monica.

Media is invited to participate in the class, demo the new balance board, or observe and cover the event. [StrongBoard Balance](#) creators Mike and Adella Curry will be available for questions regarding the balance board, entrepreneurial angles, new fitness methods, the importance of balance, its wide demographic and unique appeal, and more.

“Our product is effective and has a wide range of appeal for all levels of users,” said StrongBoard Balance creator, Mike Curry. “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.”

Curry added, “Heal the Bay is a wonderful organization with a great mission to save Southern California’s coasts. We’re pleased to offer this class as a way to raise funds to support their efforts to protect and save the Santa Monica Bay.”

Lead by NSCA-accredited fitness instructor [Sarah Ann Corkum](#), the class is free of charge and open to the public; however, space is limited and RSVP is required. All donations made will go to benefit [Heal The Bay](#); StrongBoard Balance will be matching all donations.

220 Fitness is located at 220 Main St, Santa Monica, CA 90405.

Since StrongBoard Balance's launch in October, the [balance](#) platform has attracted attention and praise for its ability to provide an efficient method to strengthen and train the entire body. StrongBoard Balance compliments and intensifies users' favorite workout routines.

### **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](http://www.Twitter.com/StrongBoard), [www.YouTube.com/user/StrongBoardBalance](http://www.YouTube.com/user/StrongBoardBalance), or [www.facebook.com/StrongBoard](http://www.facebook.com/StrongBoard).

### **About Heal the Bay:**

Our rivers, our beaches and our ocean are incredible natural resources that serve as special spiritual sanctuaries. But our coast provides not only intangible, emotional value, a healthy marine ecosystem also serves as a critical source of real economic wealth in southern California, from the bounty of seafood, recreation and tourism it provides. When we protect the watersheds in which we all live, from the most inland neighborhood streets to the furthest edge of the sea, we protect our own wellbeing. Since 1985, people like you who care about our rivers, beaches and oceans have been a part of Heal the Bay's fight to make Southern California coastal waters and watersheds, including Santa Monica Bay, safe, healthy and clean. As far back as our first fight to end the dumping of untreated wastewater from the Hyperion Sewage Treatment Plant, we've worked from a base of science to educate you, the media and government agencies about the causes and effects of pollution on our Bay. Working together, we can protect and save one of our most precious, natural resources. With your help, we can heal the bay. For more information, visit <http://healthebay.org>.

### **About 220 Fitness:**

Recently voted "Best Place to Workout 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, offering everything from Zumba, to cycle, to boot camp style classes, to yoga, and so much more! They even offer 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 your 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 you are 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 your day. For more information, visit <http://www.220fitness.com>.

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