

FOR IMMEDIATE RELEASE

StrongBoard Balance® Offers Fitness Class Participants a Chance to Win Free Balance Board

Those Joining StrongBoard Balance Fitness Classes at Marina Del Rey's Burton Chace Park Will Be Entered in Contest

MARINA DEL REY, Calif. (September 16, 2014) – All students attending StrongBoard Balance fitness classes at Burton Chace Park will be eligible to win a custom [StrongBoard Balance®](#) -- “An Evolution in Fitness™” balance board this month. StrongBoard is valued at over \$250.

“We’ve received a great response to the classes at Burton Chace Park, and we wanted to reward the participants with a chance to win a StrongBoard,” said StrongBoard Balance creator Mike Curry.

Classes take place Thursdays at 9 a.m. and 6:30 p.m. and on Saturdays at 9:45 a.m. at the park: [13650 Mindanao Way; Marina del Rey, CA 90292](#).

“Good Day LA” reporter Sandra Endo recently featured a StrongBoard Balance class in a segment for Fox 11 LA KTTV. To watch her report, click [here](#).

Per the contest rules, each time someone attends a class, their name will be entered to win the custom balance board. Bringing a friend to class garners two entries and increases the chances of winning. The winner will be announced on September 27, 2014.

This specialized fitness program works the entire body, including the abdominals, hips, buttocks, and arms. The classes offer a perfect combination of balance training, core strengthening, resistance, and cardio. Working out on StrongBoard Balance takes users beyond their comfort zone and delivers profound results to all levels of fitness enthusiasts. Regular use of StrongBoard balance creates desired changes in how users look and feel, as well as improvement in balance, core strength, agility, and posture.

“It’s great to see the impact the classes are having on everyone. StrongBoard Balance is a fun, effective fitness tool, and it works great in a Group X setting,” said Curry.

Outdoor StrongBoard Balance classes at Burton Chace Park are free to attend, but there is a suggested donation of \$5 to benefit [Heal the Bay](#), an environmental group protecting Santa Monica Bay.

Since StrongBoard Balance's launch in November, 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. All ages and fitness levels can use the board, whether in peak physical condition, recovering from injury, or starting down the path of a healthy lifestyle.

Fitness trainers interested in bringing StrongBoard Balance classes to their area may email Info@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.

Keywords:

StrongBoard Balance, StrongBoard, Balance, An Evolution In Fitness, Mike Curry, contest, balance board, platform, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, muscles, trainer, motion, core strength, StrongBoardBalance.com

###

For more information please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

Adella@StrongBoardBalance.com

Chris@StrongHoldFitness.com