

FOR IMMEDIATE RELEASE

StrongBoard Balance® Group Exercise Classes Now Offered in Bakersfield & Wildomar CA

Free First Class for All Newbies, Fitness Bloggers, & Media!

BAKERSFIELD and WILDOMAR, Calif. (August 4, 2015) – StrongBoard®, in partnership with [IFS Studio](#) in Bakersfield, Calif. and [Exercise for Vitality](#) in Wildomar, Calif., is offering StrongBoard Balance® fitness classes this month. Fitness bloggers, media, and newcomers are invited to attend the first class free of charge. The classes will feature [StrongBoard Balance®](#), the revolutionary balance board.

Throughout August, StrongBoard classes will be held in Bakersfield Monday-Friday at 9 a.m., and on Tuesdays and Thursdays at 10 a.m. and 6:30 p.m. at IFS Studio (3807 Patton Way, Suite 102; Bakersfield, CA 93308).

Those in living in the Lake Elsinore/Wildomar area of Riverside County will also have a chance to join Exercise for Vitality's all-new StrongBoard classes this month at Silver Oaks Pocket Park on Carnation Lane at Dahlia Lane in Wildomar. Classes take place Wednesdays at 5 and 6 p.m. More classes will be added in September. To register, please call or text Erin Hartley at (858) 735-4443.

"We're very excited to bring our innovative StrongBoard classes to Bakersfield with our partners at IFS Studio," said [StrongBoard Balance](#) creator Mike Curry. "More and more trainers and fitness enthusiasts are finding out about the benefits of StrongBoard Balance and its unique ability to give users an effective full-body workout!"

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allow users to train by using their own body weight for resistance during full-motion exercises.

"What interested us the most about using StrongBoard as a fitness tool was its ability to activate core and stabilizing muscles just by having someone stand on it," explained [Tammy Crompton](#), co-owner of IFS Studios. "This enables us, as fitness professionals, to add another element of difficulty, intensity, and fun to a client's workout. This makes it a great tool for a fitness class because people of all fitness levels can participate together, yet be challenged individually with something that is unlike anything they've used before."

The specialized program with the innovative balance board works the entire body, providing extra focus and attention on the abdominals, hips, buttocks, and arms. The class produces an effective combination of balance training, core strengthening,

resistance, and cardio. Working out on StrongBoard Balance takes users of all fitness levels beyond their comfort zone, while delivering profound results. Users experience changes in how they look and feel, as well as an overall improvement in balance, core strength, agility, and posture.

"What drew me to StrongBoard Balance was how it looked," said [Erin Hartley](#), owner and operator of Exercise for Vitality. "I'd never seen anything like it and instantly felt the need to master it. The best thing about StrongBoard Balance is you never plateau – it challenges every fitness level. That's what makes it ideal for fitness classes. At the end of a class you feel challenged, confident, and wanting more."

"We encourage everyone to take advantage of these amazing classes and experience StrongBoard Balance for themselves," said Curry. "You don't need to be a pro athlete or a longtime fitness buff to use StrongBoard Balance. Whether you need to lose weight, tone your body, or improve your overall health, this is the workout you've been waiting for!"

To learn more, please email Chris@StrongBoardBalance.com.

Since StrongBoard Balance's launch in 2013, 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 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.

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Bakersfield, Wildomar, Mike Curry, physical therapy, balance board, platform, springs, media, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, physical trainer, motion, core strength, StrongBoardBalance.com

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