

FOR IMMEDIATE RELEASE

IRON Fitness Kicks Off Brentwood Gym Grand Opening with Two StrongBoard Balance Classes

April 30 Celebration Includes Raffles, Membership Giveaways, Training Sessions, Samples, & an Introduction to the Acclaimed Balance Board!

LOS ANGELES (April 25, 2016) – [StrongBoard Balance®](#) is partnering with [IRON Fitness](#) for the Saturday, April 30 grand opening of the gym's Brentwood location. The celebration, which is free and open to the public and media, will run from 9 a.m. to 1 p.m. and feature two group classes training with the acclaimed balance board. IRON Fitness' new location is at 1601 Wilshire Blvd. #105 Los Angeles, CA 90010.

"We are thrilled to be partnering with StrongBoard Balance for the Grand Opening of our Brentwood location," said IRON Fitness' [Julia Wagenbauer](#). "IRON Fitness is committed to all members reaching their goals through personal training and effective small group classes, and StrongBoard is an incredible tool to help members reach their goals, while keeping things fun."

Two thirty-minute-long StrongBoard Balance classes will begin at 11:30 a.m. during the event. Throughout the morning, there will also be raffles, prizes, memberships, sessions with top fitness experts, and more. Participating brands include Ingo's Tasty Dinner, which will provide food samples, as well as vendors such as LornaJane, Quest Nutrition, Weider, Raw Revolution, and Power Supply.

Media may attend by emailing Chris@StrongBoardBalance.com.

"IRON Fitness is one of the most respected gyms in the area, and we're pleased to support their grand opening celebration in Brentwood," said Mike Curry, fitness expert and creator of StrongBoard Balance. "This event is an ideal way to introduce the Brentwood community to StrongBoard Balance and share the many benefits of joining IRON Fitness."

The state-of-the-art balance board, which consists of a platform resting on four compression springs, was recently named "The Best Spring Fitness Gear of 2016" by Active.com as well as included in a number of major lists by fitness outlets outlining the most effective training equipment available today. Among these were [TrendHunter.com](#), [YogiApproved.com](#), and [FitProf.net](#).

Since its 2013 introduction, fitness experts have cited the StrongBoard Balance for improving proprioception, working the entire body, and providing an intense workout that tones, sculpts, and strengthens muscles, while increasing fat burning and weight loss.

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

About IRON Fitness:

IRON Fitness is a results focused fitness faculty offering personal training, fitness classes, boot camps, one-on-one boxing instruction, boxing classes, and youth boxing. Boasting two locations on the Westside of Los Angeles, Santa Monica and Brentwood, members enjoy access to both gyms. If you want results in a supportive, community driven environment IRON is the place for you. Explore our unique classes and personal training delivered by elite personal trainers and professional boxers. Iron LA is online at <http://ironla.com/>.

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance board 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 www.StrongBoardBalance.com, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.Facebook.com/StrongBoard.

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