

FOR IMMEDIATE RELEASE

‘StrongBoard Mommas!’ Group X Class Delivers Balance Board Fitness to Busy Mothers

***Featuring StrongBoard Balance®, ‘StrongBoard Mommas!’ Outdoor
Classes Start Thursday, September 4 in Marina del Rey, CA!***

MARINA DEL REY, Calif. (September 2, 2014) – “StrongBoard Mommas!” is the newest Group X fitness class to incorporate [StrongBoard Balance®](#) -- “An Evolution in Fitness™”. Starting Thursday, September 4 in Marina del Rey, California, the outdoor class features balance board fitness for busy mothers on the go.

“StrongBoard Mommas!” will be held every Thursday at 9 a.m. in Burton Chace Park – 13650 Mindanao Way; Marina del Rey, CA 90292.

“We developed ‘StrongBoard Mommas!’ in response to the growing demand for group fitness classes geared towards mothers’ fitness goals and availability,” stated [StrongBoard Balance](#) creator Mike Curry.

This specialized program works the entire body, with extra focus and attention on the abdominals, hips, buttocks, and arms. “StrongBoard Mommas!” offers a perfect combination of balance training, core strengthening, resistance, and cardio. Working out on StrongBoard Balance takes users beyond their comfort zone, while delivering profound results to all levels of fitness enthusiasts. It also created desired changes in how users look and feel, as well as improvement in balance, core strength, agility, and posture.

“StrongBoard Balance is an effective and efficient balance board for all levels of users,” said Curry. “Mothers of all ages and experience are invited to attend ‘StrongBoard Mommas!’”

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.

Thursday evening classes for “StrongBoard Burn” have moved from 7 p.m. to 6:30 p.m. to make better use of daylight. Saturday morning classes, which begin at 9:45 a.m., will remain unchanged.

Below is the Burton Chace Park schedule for September:

Thursdays, 9 a.m. - StrongBoard Mommas!
Thursdays, 6:30 p.m. - StrongBoard Burn
Saturday, 9:45 a.m. - StrongBoard Burn

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.

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