



**BALANS:** [ba-lahnz: Swedish for balance]

**INTERVALL:** [in-tare-vahl: Swedish for steps, transitions and the relationship between segments]



Whether you are working with us, or working out, at Balans the following principles guide what we do.

**Be your Best and Enjoy the Journey**

**Always Show Respect**

**Lend a Helping Hand**

**All People are Welcome**

**Now—Live in the Moment**

**Sincerity, Integrity, Everyday**

### HELLO!

It has been a whirlwind of a year, planning and putting together this unique studio for you. We are offering great classes, nutritional guidance and style essentials all in a warm, welcoming, fun and safe environment. Our doors will be open soon. It is just a matter of weeks now.

### The Final Stretch

We are well under construction. I am so excited just picturing all the terrific programs coming very soon. Walls are up, the electrical and ventilation is in place, with ceilings, finishes and fixtures not far behind. We are even thrilled about our front door installation. We just love the large open entry and home to our Balans Boutique.



### Our programs

**YOGA:** We continue this ancient 5,000 year-old tradition, offering a diverse selection of classes enhancing your body, mind, and spirit.

**Yoga Fundamentals:** The perfect place to start! Classes focus on alignment and exploring the fundamentals of standing, seated, backbend and twist poses.

**Gentle Yoga:** Our soothing gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness.

**Yoga Blend:** A unique approach to integrating the teachings of different lineages creates an eclectic and integrative experience.

**Vinyasa Flow:** Focus on moving, with the breath creating a moving meditation.

**Power Yoga:** Bring body, brain and breath into harmony with this class that blends strength and flexibility, endurance, balance awareness and focus.

**Yoga for Athletes:** An open-level class for male and female runners and other athletes involved in high-impact sports and golf and tennis alike.

**TRX® Suspension Training™:** A revolutionary method utilizing a lightweight system of ropes and straps. You will build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

**TRX® Essentials: Strength:** It's a must for anyone with an active lifestyle, and a crucial foundation for your normal workout program.

**TRX® Essentials: Flexibility:** Get back the length of muscle and ease of movement your body needs.

**TRX® Core Strength:** Build crucial core strength from the innermost abdominal muscles and lower back.

**TRX® Biomechanics: Healthy Back:** Regain muscular balance in your back with an easy-to-follow series of targeted stretches and strength-training exercises.

**MAT PILATES:** Based on the works of Joseph Pilates, this class strengthens the core abdominal muscles while opening joints and releasing tension.

**BALANS BARWORKS™:** Balans Bar Works™ is a Pilates, dance, isometrics and floor work hybrid routine that tones every major muscle group using a ballet barre and mats.

### CYCLE

#### Cycle Challenge

Each class will be slightly different, focusing on steep hills, sprints or a combination of the two.

#### Endurance Cycling

A cycling class for all fitness levels which will increase your endurance and improve your heart rate.

#### Interval Blast Cycling

Ride through steep incline and tough terrain then climb, sprint, coast and switchback.

### BALANS INTERVALL CAMP

Custom training program for 6 or 8 weeks that builds strength, stamina, conditioning (circuit training) with breath work and a nutritional counseling/workshop.

### BALANS INTERVALL CIRCUIT

In one hour, strengthen and lengthen all your major muscles to inspiring music.

### ZUMBA®

Zumba is cardio. Zumba is Latin rhythmic music in its original form and an hour of just plain fun.

Thank you and I look forward to meeting you soon!