

Balance & Belonging



Free Community Fitness

Supporting strength and mobility



Mindful movement and connection in nature



Body-positive movement for everyone involved



Scan the QR code for Class Enrollment Today!!

Free Sessions will be held from January 2026- June 2026!!

Every Monday, Wednesday, & Friday!

Morning Class: 10am-11am
Afternoon Chair Class: 1pm- 2pm

In-Balance Wellness Studio

Call or text 719-501-1348 or scan the QR code to register.



In-BALANCE



Strength and mobility for all levels