



Hello In Balance Family!

We Hope you are having a wonderful summer and taking time to relax and drink in this warm weather!



Here at In Balance, we are all excited!

**It's our birthday month and we are turning 5!
Thanks to all the awesome staff and students that keep
this studio going strong.**



We would like to invite you to bring food shelf items to the studio this month so that we can share them with others less fortunate. They also take checks and cash if that's easier for you. With our big family, we should be able to collect an abundance of goodies for the shelter.

We have many surprises up our sleeves for this special birthday and you're going to want to attend as many days/classes you can this month. We will be having random classes **FREE** for that day. And many other days planned where the 5th person in the door will get their class free. Those of you with memberships, we can add another class on at the end of your package so that everyone can participate.





The person who takes the most
classes in August will get
FIVE \$5 BILLS
for a prize!

The computer keeps track, so
come as many times as you can!

We have small gifts to hand out to our students
each week....so come see what they are!

We have some very special classes planned
for you to participate in:

**Heather S. will be leading us in fun on
August 15th for Family yoga at a nearby park
from 6:30-7:15 and a Partner yoga class on
Sunday August 25th 6:30-8:00 pm.**



Stacy will be doing a **FREE** "Pop" up yoga class
in the park during the month.



Angie is treating us to a
FREE Mindful Movement and
Meditation class on August 28
from 5:15-6:15 at the studio.

This class will be on the
schedule permanently on the
following Wednesday on
September 4th

Stay tuned and watch for updates online and Facebook
about these classes and what parks they will be at.

Mei Mei's Cookies & Creamery

And there just might be some Mei Mei's cookies to help celebrate our big birthday.

Of course there will be her famous recovery cookie so don't miss out!

We have new T-shirts and tank tops coming from River City Stitch in a few weeks. There are both men and women's being made with many options of sizes and colors.

We are looking forward to sharing them with you.



We thank each and every one of you for contributing to this family. We love seeing you and sharing our passions with you. Please feel free to bring a friend to class sometime.....if they buy a package there will be a free class for you coming your way.

Happy Birthday to ALL!

Stacy and the Staff at In Balance Yoga & Fitness

