

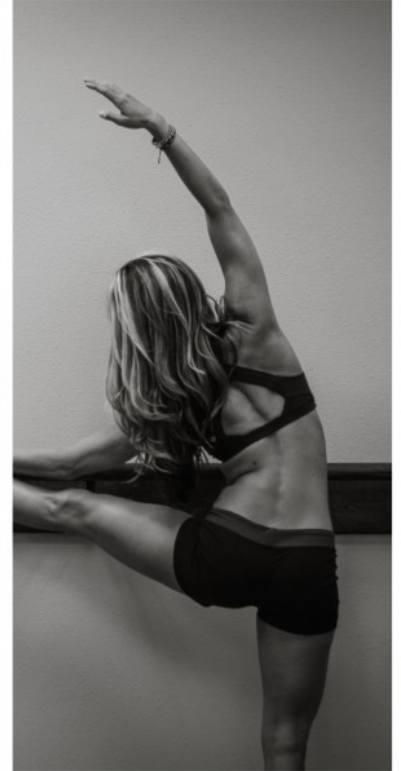
The inBalance Family Builds Feel-Good Fitness

SAN ANTONIO, TEXAS, UNITED STATES, November 12, 2015 /EINPresswire.com/ -- Fitness builds in levels. So do fitness facilities. When inBalance opened its doors in 2012, the fitness and wellness programming increased and the inBalance family grew as well. Fast forward to 2015; the past three months completed the expansion and renovation into a larger space. In order to accomplish the next stage of growth by raising \$15,000, Hope Cowgill Pedraza had established an [Indiegogo crowdfunding campaign](#). What does that mean? Well, in fitness parlance, it means that the addition of classes and props is going to bring in more screaming muscles, shaking legs, burning butts, and sweaty floors. Maybe that sounds less than esthetic, but remember the levels. Inside inBalance, people do what it takes, starting with perspiring pores, so that they can leave looking sleek, toned, and fit. However, if you're thinking that it begins with sweat and ends with muscles, you're forgetting a crucial ingredient: fitness is an overall sense of wellbeing that builds upon a sense of community. Inbalance provides that community for its members.

For founder Hope Cowgill Pedraza, physical fitness is just part of the package. She has designed inBalance to include a nurturing sense of belonging and community that big-name gyms and fitness clubs can't offer. Pedraza's commitment to a sense of neighborhood

that exists both inside the doors of her facility and outside as well is part of her overall business plan, because a small business like hers creates jobs that are the true drivers of local economies, bringing communities closer together.

Classes at inBalance rely on a variety of proven methods that take participants out of their comfort zone, strengthening the body and improving flexibility by developing a balance that utilizes a fun and



focused approach to movement.

[Crowdfunding support](#) is an important part of the unique experience offered by inBalance, where members find a sense of fulfillment within the community of members under the guidance of top-notch instructors.

People enter the doors of inBalance for a wide variety of reasons. Pedraza says, "There is really just one reason they keep coming back: because being there feels good!" It's not enough for a member to develop a physical work-out regimen because the goal at inBalance isn't to create a fad dedicated to fitness. The goal is to create a lifestyle that demonstrates a love of movement and prides itself on connecting the mind, body, and spirit for wholeness. The goal: to give people options and provide the best possible experience, one not found anywhere else in town. She believes that



boutique-style studios like inBalance are the wave of the future. It is her mission to enable everyone who walks in the door to become the best version of themselves, to inspire and nurture the body, physically and spiritually, and to provide a sense of belonging and community with students, that doesn't exist in those large group exercise classes at big name gyms and fitness clubs.

The process of expanding a facility includes undergoing countless hours of education and certification courses to enhance the skilled staff's body of knowledge, methodical budgeting to prepare for the expanding family of members, detailed planning for each day's schedule to maximize the time and space to create a schedule that meets member needs. That will take InBalance's barre, Pilates, HIIT/boot camp and yoga classes to a higher level of physical fitness.

The \$15,000 that's being sought in crowdfunding donations will purchase equipment in the following amounts:

- *Pilates equipment (20%)
- *Barre and HIIT/bootcamp equipment (20%)
- *Yoga props/equipment (10%)
- *Other build out material (mirrors, floors, sound system, etc) (50%)

The campaign offers [enticing perks](#) for those who contribute to the crowdfunding. Donor perks are based on donation levels and include drop-in classes, VIP membership; private sessions; free late cancels; tee-shirts, and website thank yous.

About InBalance

Hope Cowgill Pedraza, the owner and founder of inBalance (www.inbalancesanantonio.com), created the fitness facility in 2012 to provide a place where mind/body exercises could come together in a single place so that people can have the best options and best possible experience that can't be found anywhere else. Pedraza believes that boutique-style studios like inBalance are the future of fitness, and it's her mission to help everyone who walks in the door to become the very best they can

be. In addition to the physical excellence that inBalance supports, she's designed her facility to nurture the spirit as well as the body by creating a sense of community that doesn't develop with large group exercise classes at the big-name gym and fitness clubs.

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