



Fitness classes by Create Your Balance and led by certified instructor, Melissa Beaver are designed to empower, strengthen and bring teams together.



**Fitness Classes Include:**

- Yoga/Meditation
- Pilates Mat
- Strength Training
- Tabata HITT
- Zumba
- Barre-Less (Barre-type exercises without using a bar)
- Barefoot Bootcamp
- Total Body Conditioning
- Run



**Pricing for 50-60 Minute Class:**

- Up to 15 students - **\$75**
- 16-20 students - **\$100**
- 20-24 students - **\$125**
- 25-30 students - **\$150**
- For larger groups, please contact us.

The instructors will be Melissa Beaver and Renae Redick.

**Clients:**

- Riverside High School
- Lansdowne Resort and Spa

**Testimonial:**

“Melissa and Renae are the BEST and more importantly they make it FUN! Create Your Balance takes the time to work with all levels and skills sets and creates a safe environment to learn new skills all while having fun and a few good laughs along the way. Our team is always so excited to see them and looks forward to our yoga and strength sessions!”