

Business Connection

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September 2020

Business Spotlight

Body Balance: Keeping fitness alive, virtually and outdoors

Body Balance is guided by two major pillars: helping others achieve well-being and establishing a supportive community. "During these challenging times, we are more committed to these goals than ever," said owner John Perez.

Located in the heart of historic Pleasanton, Body Balance was founded 22 years ago by massage therapist and nutrition coach Kristi Reed and personal trainer John Perez. Both owners have always had a deep passion for wellness, as have the personal trainers and massage therapists who complete the Body Balance team. With their unique, combined expertise in fitness, massage, and nutrition, John and Kristi have created the Body Balance community, where you can leave your busy life behind, and focus on developing your balanced and healthy lifestyle.

"We're committed to keeping our Body Balance family strong," said Perez. They have been getting creative and adapting so that they can continue to offer health and fitness services given the current circumstances.

Currently, they are offering innovative, one-on-one fitness sessions in outdoor cabanas as well as small group classes, featuring nutritional awareness and meditation. They are anxiously awaiting Alameda County lifting the current health orders to be able to offer therapeutic massage as well.

"We've taken our fitness workouts outside



Kristi Reed and John Perez of Body Balance are offering innovative, one-on-one fitness sessions in outdoor cabanas as well as small group classes.

to keep you safe during this time of social distancing," said Perez. "We will also continue our virtual personal trainer sessions, but for those who prefer working out in person, from a distance, of course, we'd love to see you."

During the outdoor sessions, each client works out in their own designated space, either in the shade under the veranda or, weather permitting, in the space out in front of Body Balance. Each personal training area is marked off to make social distancing easy.

Body Balance is located at 164 Ray Street in Pleasanton.