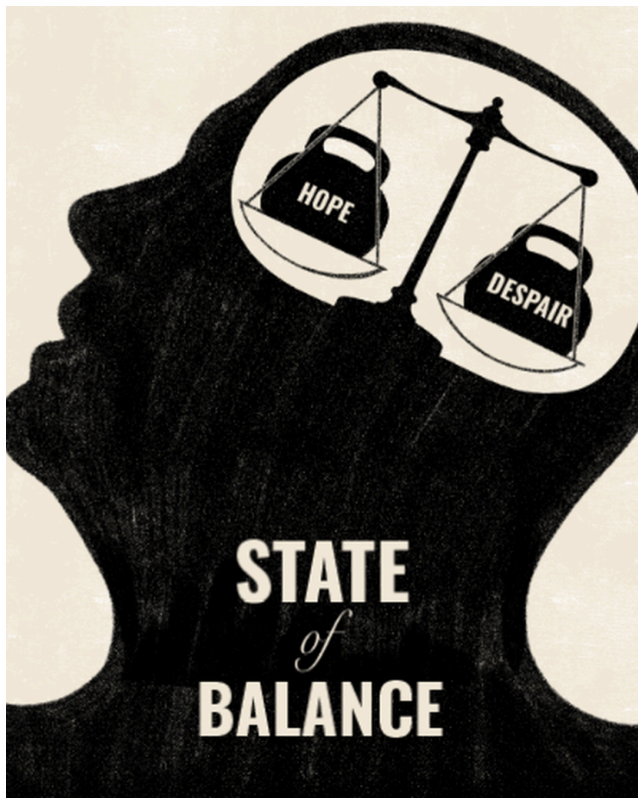


TORONTO  
**FRINGE**  
**FESTIVAL**

**State of Balance**  
**Access Guide**



# **June 30 - July 12, 2026**

## **Atlantic Avenue Athletic Club**

This guide uses plain language to provide audiences, particularly neurodiverse audiences, with specific sensory details of programming in advance to help guide your experience.

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## **About State of Balance**

State of Balance (SOB) is a 60-minute, bittersweet solo dramedy set inside a real garage gym, where a 60-year-old actor named Ryan joins thinking it might just save his life.

What begins as an awkward open-house presentation quickly unravels into a funny, deeply human story about missed chances, failing health, and the growing fear that time may already be running out.

State of Balance explores how change doesn't come in dramatic transformations, but in small, hard-earned steps, and how, sometimes, simply showing up can be enough to start again.

## **Run Time**

60 minutes with no intermission

## Cast and Characters



Steve Switzman plays the role of Ryan

# Set



A working functional gym space.

## Get in Touch

If you have any questions or concerns about this access guide or planning your visit to SHOW NAME at the 2026 Toronto Fringe Festival, please reach out.

### **Contact Name - Producer**

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If you want to tell the Fringe about your experience or have feedback that you would like to share, you can call, write, or send an email to the Fringe.

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Thank you for coming to the 2026 Toronto Fringe Festival.