

STATE OF BALANCE

A Solo Show in a Real Toronto Gym

A man. A kettlebell. Eight movements that may be more than he can manage.

In a working Toronto gym, Ryan - a 60-year-old man - attempts a single Turkish Get-Up and quickly realizes he's in over his head.

STATE OF BALANCE, written and performed by Steve Switzman, unfolds in real time as Ryan moves through the sequence. Each failed attempt reveals fragments of a life shaped by aging, identity, missed chances, and the quiet fear that time is running out.

Funny, raw, and deeply human, the piece explores what it means to start again when strength, physical and otherwise, is no longer guaranteed. No stage. No escape. No pretending

Just a body under pressure, and the effort to keep going.

Created & performed by: Steve Switzman

Venue: Atlantic Avenue Athletic Club (AAAC). 38 Cawthra Ave, Old Toronto, ON M6N 5B3

Runtime: 60 minutes

Performance Dates: Wednesday, July 1 - Thursday July 11 (All 8pm, 2pm on 5 July)

About the Artist

Steve Switzman is a Toronto-based artist returning to performance with STATE OF BALANCE. After studying theatre in Toronto, Switzman spent more than 15 years in London, UK, working in film and theatre distribution and marketing. Over time, he drifted away from performance and from his own physical well-being.

Now in his 60s, a series of personal turning points, including health challenges and loss, led him back to the stage through an unlikely place: a garage gym.

Created from that experience, STATE OF BALANCE is a solo performance exploring aging, illness, resilience, and the act of continuing to show up.

Tickets on Sale June 3rd via <https://www.fringetoronto.com/fringe/show/state-balance>

Instagram: stateofbalance2026

