

State of Balance is a funny and deeply personal one man show about a sixty year old gym member unexpectedly asked to lead a community open house when the owner is stranded in traffic. Taking place inside a real working gym, what begins as a series of increasingly questionable exercises slowly becomes an unexpected journey through family, loss, theatre school, unrealized dreams, and second chances. A story about getting older, carrying on, and discovering that some things may still be worth fighting for.