



#inspire stories

Kate Blehan

Making the Choice for Health and Wellness

Like many others in the Inspire community, exercise used to be something I put on the back burner. I would make up excuses about why I couldn't take the time for myself...My two young daughters are my priority...I can't run a small business and fit in exercise...I will start working out when my children are older and more independent...I will go out for a run after I get through the to do list. It was easy for me to tell myself these stories of why I couldn't make fitness a part of my life because truthfully, the biggest story of all, was that I really didn't enjoy working out.

I knew it was something I couldn't keep putting off for tomorrow, but I couldn't seem to find a consistent and enjoyable program that clicked. I tried P90X, I tried Supreme 90, I tried yoga videos and lap swimming at the Y. I would do well for a few weeks and then taper off, feeling discouraged and disappointed in myself for giving up.

inspiration and encouragement that came alongside the choreographed ride. The workout was incredibly fun, but more than that, it was very therapeutic! The reflection song during my first Inspire ride brought me to tears as Kristin said, "Take these 45 minutes for you. Believe in yourself. Make the choice to be invincible." It was a transformative moment for me. At last, I had found a work out that I loved and I couldn't wait for the next class!

Gretchen and Kristin are incredible teachers who are truly doing the work they were meant to do in this world. I have had the honor of seeing them take their dream of opening an exercise and spin studio and turn it into reality. Through perseverance and a lot of hard work, they have grown their studio with a loyal client base who return to their classes week in and week out to get stronger and be inspired. They have built an amazing

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Then, two years ago, I started attending Gretchen and Kristin's group training class. The workouts were challenging and I felt very weak at first, but over time, I started feeling stronger and feeling better both physically and mentally. I felt like I had found a class that I could stick with. Being in a room with other women all working towards the same goal was incredibly motivating. I also realized that I held myself much more accountable when I was working out alongside others with an instructor that was guiding me and pushing me to improve with each class.

But, my real "aha" moment came when I started attending the Inspire Studio spin classes. I immediately loved the experience...the dark room, the candles, the music, the words of

business because their instruction is excellent and their classes consistently deliver results for both mind and body. As a small business owner myself, I have learned so much from them and been in awe of their drive and determination.

They have created a community that I am truly grateful to be a part of. Gretchen and Kristin, thank you for kicking my ass every week and for creating classes that I love attending! Thank you for helping me realize that the best thing I can do for my daughters, my family, and my business is to make time for health and wellness.