



#inspire stories

*Ginger
Centauro*

Creating a NEW Normal

When I had started at Inspire I was getting ready to graduate nursing school. Being a busy mom and student at the time, there was not room in my life for much else. I was finally ready to start making time for myself and to get back into shape. I had tried different classes in the past but nothing that kept me going or felt that I fit in. I felt that gym people always seem to know what they're doing and I didn't. But I knew I needed to stop making these excuses and do something

be there to support you and help you in any way they can. I instantly fell in love and knew this is exactly what I needed.

I could hardly stand through my early classes but Kristin and Gretchen made me believe that I would get there and most importantly to have fun. I started out slow and sitting in the back to being up front with confidence in myself. I added in group classes, and found myself coming regularly

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different. You can tell yourself a million reasons why you can't but you only need one why you should. So I said to myself, this is it.

I heard about Inspire through a friend and tried spin. The room was dark, the music loud, and was intimidated at first. But I felt welcome and found that the people there are excited for you, and will

to both. I am changing every day, getting out of my comfort zone, pushing myself harder all the time, and becoming a better me. I have made better lifestyle choices and am more active. Inspire has made all the difference for me. Now, being active is just my normal, a normal I happen to absolutely love.