



#inspire stories

Jen Paharik

Taking a Chance... and Finding Something She LOVES!

I've never been a group exercise person. I liked to run, have been an occasional jogger since high school. I loved putting on my headphones, shutting out any outside noise, and most importantly not allowing anyone to see me workout. No one to judge me. Group classes weren't "my thing". So it took Gretchen about a year...maybe more, to convince me to try a cycle class. Fine I'll try it, but it won't be for me...

The room was dark, the music was loud and the group was more than welcoming. I felt like I belonged there. One class a week quickly turned into two, which then turned into as many as I could get into. The motivation and energy that Gretchen and Kristin bring into that cozy candlelit room push me to a point I never knew I could reach. I always leave feeling a huge sense of accomplishment and checking my phone for the next

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Being a mom to three busy kids and holding a full time job, I found plenty of excuses to justify not exercising. Even if I was on a good track over the summer, the excuses became easier to come by starting in November as the days got shorter and the holidays came into focus. Finding time to take care of me just wasn't on the top of my to do list. However as I have gotten older I have noticed those few extra holiday pounds harder and harder to shed... actually not coming off at all! I knew I needed to make a change but didn't really feel like I had the time.

It won't be for me...that's what I thought. The first class was hard, I felt awkward and extremely out of shape. How were all these other girls so confidently riding.... even standing up! But it drew me in enough to go back.

scheduled class. I have continued this routine for over a year now, each week still working harder than the one before. I am no longer worried about those few extra holiday pounds because I know my trainers will motivate me to keep them off.

Today I can confidently say I have changed my lifestyle in more ways than I could have ever predicted. Making time for myself was one of the best decisions I've made in years. Inspire is more than just a gym to me, it really is a second home and family Gretchen and Kristen have created a very special experience for all of the Inspire clients and I feel lucky every class to have this studio right in our back yard. Turns out the group classes are my thing....my only wish is that I had not waited so long to start.