



#inspire stories

Jenn LaCross

Finding “ME” Time

I have been an exercise person most of my life. In my youth I enjoyed playing sports and as I got into my high school and college years I turned my love for fitness and exercise into part time jobs at the gym instructing aerobics or working with members. I enjoyed it so much I made Exercise Science my major at UMASS Amherst.

In those years I never thought much about why I should exercise or how important it was to have a healthy lifestyle, I just liked to do it.

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Like many young women, with the birth of my first child, my life focus shifted away from me. I was a wife and a mother now and that was where my time and energy went. Along came my second child and “me time” became the occasional movie or drink with a friend and my exercise was chasing around two young children.

The years flew past and along the way I tried different exercise classes (circuit training, yoga, Pilates). I joined gyms and made promises to myself to get up and walk every morning (I know we all make grandiose plans in the dark of the night).

Two years ago, two wonderful women I had worked out with over the years started a new adventure, Inspire Studios. I was a regular in their morning group classes and enjoyed it. I was stronger and began to feel a little like my old self but in February 2016 with the addition of their new cycle classes, I was truly inspired to begin my fitness journey.

Inspire cycle classes are no doubt an incredible cardiovascular workout but there was more to it. My experience was not just physical but equally mental! Sure in the beginning my goal was just to make it through class and next time hopefully get out of the saddle as much as the instructor did.

Then I worked on learning the form and choreography. Kristin and Gretchen would say, do what “you” can, it is “your” workout. I clearly remember the day Kristin said, “the next 45 minutes are for you, this is why you got up at 5:00 am, for you!” A light bulb went off for me, I was taking this time out for me, not just to burn calories but to recharge my battery and see my friends. As I clipped in and the lights went down, for those 45 minutes it was just me (and 12 wonderful riders) pushing our physical limits and reaching new milestones every ride!

I had made the exercise piece of my routine a habit but was not seeing the results I wanted on the scale or in the fit of my favorite jeans. I am enlightened enough to know I was healthier but I would be lying to say I was not hoping to have lost a few pounds along the way. So on January 1st 2017, me and millions of others made the resolution to clean up our eating habits in an effort to lose the unwanted pounds my doctor called “creeping obesity” (those one or two pounds a year that add up over time). I had done this so many times but this year I was ready...I was INSPIRED!

Three months later, I had dropped the weight I was so desperately looking to unload. But my journey continues with new goals and challenges, like adding weight training to my routine. I enjoyed the feeling of strength and accomplishment when I could finally do a real push up and some days quite a few!

So today I again woke up at 4:50 am to get to one of my favorite places to ride with the most amazing people and today may not of been my best ride ever but it was the best I could do today. Every ride is a new journey!