



#inspire stories

Kristin Burns

Stronger,
Healthier,
Happier!

Once I became a mother, exercise really took a back seat. Fast forward ten years and five children later and my time for exercise was non-existent. I used to enjoy running, but running doesn't work for me (or my bladder) anymore! LOL! About five years ago I started to squeeze in a group training class with Kristin once a week. It was exactly what I needed – a little “ME” time every week!

When Kristin and Gretchen decided to open Inspire Studios, I was able to take even more of their group weight training classes every week. Having early morning and evening class options made getting to the gym much easier for my hectic schedule. When they decided to add spin classes I was

also a mental escape, riding in a candle lit room to great music for 45 minutes. It gives me time to clear my head and just be. I don't have to worry about driving anyone to practice, helping with homework, cooking dinner, work, anyone or anything!

I hear so many say that they "HAVE to work out today." Lately I've been reminded how lucky I am TO BE ABLE TO work out. Osteoporosis and many muscle diseases run in my family. I want to set an example for my children. I want to show them that exercising regularly will help keep their bodies strong and help them live better quality lives. I am happy that I've made the decision to make exercise part of my daily routine. In fact, this week during a spin class, I was reminded to look down and

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skeptical. I had not been on a bike in years! There was no way I would be able to take a 45 minute class! Kristin had been talking about "dancing on a bike" spin classes for a while now, and was so excited to be able to offer them to us. Trying to support my friend, I decided I would give it a try. God knows I was only going to do it for her! I had no coordination and no stamina but I would try a few classes to see what the hype was all about. Never in my wildest dreams did I think that I would love it as much as I do!

During my very first spin class I probably sat at least 90% of the time. But once that class was over, I was INVIGORATED. I was so proud of myself for finishing! It was hard but I did it and I loved it! One class a week eventually became two, then three and eventually six! I would go to every class I could fit into my schedule!

It's not just the physical exercise that I love but I found that having some me-time has helped me become a better mom and much more productive overall. It's a physical release but

appreciate my "strong ass legs!" Sometimes you really need those simple reminders. Thanks to Inspire, I am stronger and healthier than I was a few years ago, and I want to stay this way!

I have been part of Inspire since the very beginning, and have watched how this little community has embraced so many people. It has become a home away from home for so many of us – everyone here has become my second family. I have met so many kind, strong and inspiring people! It's gotten to the point that if I miss a class, I get text messages from friends asking where I was. I need that type of motivation. Just like many mothers, when life gets crazy I tend to put myself last. When I'm busy, exhausted or just don't feel like going to class, I need someone to call me out and get my butt back there. Inspire Studios is not just a gym but a place of support, encouragement and friendship. I feel healthier, happier and stronger than ever, thanks to Kristin, Gretchen and my entire Inspire crew!