



#inspire stories

Pamela Terry

One Girl's Journey from Slug Bug to Front Row Rider

"Come to Inspire! It will be fun and you will do great!", my friend's repeatedly said. I was convinced my friends were LIARS. I wanted to lose weight, feel better physically and be healthier. But, I had never taken a spin class before. I was afraid I would either fall off the bike or get stuck on the bike when I couldn't unclip the shoes.

Regardless, I thought I would definitely have to stop and walk out. My fear of embarrassment and negative self talk has been a constant roadblock in my path to getting healthy. It was time to face my fears so I decided to give Inspire a try.

"I am stronger and I have energy to do things in my personal life that I couldn't do before."

That first day I was sick to my stomach with fear. As I slowly trudged into the room, probably looking like I was marching towards the guillotine, I realized that this class was going to be nothing like I had ever experienced. The room was candlelit. Riders of all different shapes, sizes and ages were quietly chatting while setting up their bikes. Kristin showed me the basics and told me to have FUN. She explained that I should not be afraid to sit when I needed to, not feel that I had to do the upper body choreography and not use weights if I didn't feel I could. She promised if I kept my own pace my ride would be better.

As the music started I was anxious. I just tried to listen to the music and keep the beat the best I could with my feet. After the first song, I began to look around and sure there were some major superstar cyclers there, but there was a variety of ability levels cycling. No one was focused on how I was doing. Everyone was focused on their own form and ride. Once in awhile someone would look over and smile (or roll their eyes and sigh after a tough song).

Luckily I listened to Kristin. I sat when I needed and didn't do most of the upper body choreography. I dropped my weights after half of the arm song and when it was time to unclip my shoes, I loosened the velcro and slid my foot out of the shoe instead. But I felt INVIGORATED! I couldn't wait to go to my next class.

Each time I went to class I got a "smidge" better and I could do a "smidge" more. A year and a half later I've lost 20 pounds. More importantly, I am stronger and I have energy to do things in my personal life that I couldn't do before. I've gone from hiding in the back row to having the confidence to ride regularly in the front row. My negative self talk has quieted and mentally I am much happier. As one of my friends, who recently came to her first class said, "That was like 45 minutes of a calorie busting workout AND intense therapy rolled into one!"

If you are nervous to try a class there are a few things I can promise you:

- ① **You can do it!** There will be people of higher abilities and lower abilities than you. But everyone is working on a personal goal and trying to get a "smidge" better at something. Don't compare yourself with other riders. Go at your own pace! This will lead to your best ride.
- ② **Gretchen and Kristin will never give up on you!** They will always be there to offer support, words of encouragement and challenge you when you need it. They will help you accomplish goals you never thought you would.
- ③ **You will never be alone!** When you walk in that room you will become a member of a loving supportive team. Everyone will be there to offer you encouragement and support both inside and outside of Inspire Studios. The accepting supportive community that Gretchen and Kristin have created is what makes Inspire Studios unique!

Yesterday I came to class tense and stressed. By the end of the class my mood had lightened and I was ready to conquer the challenges of the day. As we were stretching, Kristin played Somewhere Over the Rainbow. I began to think of how thankful I am that my friends encouraged me to go to Inspire. I've truly found my somewhere over the rainbow. Come to Inspire and find yours!