



#inspire stories

*Shana
Daily Quinn*

Finding My Second Home

Before having children exercise was a big part of my life – 4-5 times a week at one of the big local gym chains. I was lucky enough to drop my baby weight quickly after the first two but after my third I got to the point where working out was no longer even a thought that crossed my mind. Work and kids had become my life story. Slowly I continued to gain weight and I was at my heaviest by 2015. It had become so easy to make excuses and so hard to make that change after years of inactivity. Honestly it wasn't until I found Inspire that I really decided to put myself first.

Spin is a bit intimidating at first but you know that each person is at their own fitness level. The dim lights allow you to focus your mind on YOUR ride, but intimacy of the small room reminds you that you are part of a TEAM working towards the same finish line in the end. We never leave anyone behind. The loud music is such a rush and I find it exactly what I need to push myself harder and harder each ride. I dare you to try not to sing along! At Inspire there is absolutely no judgement. The teaching style and small group setting is perfect. You can see that the instructors truly love what they do and care so much about their clients and their success.

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I started with the group training classes two mornings a week and totally fell in love with it. I said to myself "This is exactly what I need!" The group atmosphere is amazing! I have a few local friends that were in classes and we had a blast laughing and sweating (and whining) together! We were all finally taking some time FOR US! I wasn't sure about the small gym atmosphere at first but now I would never go back! I had done weight training classes and spin before so I was familiar with the structure. Honestly changing my diet and lifting was enough for me to start to lose weight. I was psyched to finally see a change in my body! When the talk of spin bikes came up I was so excited! It was when I added spin into my routine that I really lost weight-40 pounds! I was so proud of myself for the first time in a long time.

I have the privilege of working out amongst a group of the strongest women I know (both physically and mentally) that absolutely bust their A\$\$ES every class. We laugh and joke a lot, but at the same time we push each other to the limit and beyond – even at 5:30 am! The support and love I feel at the end of every class is indescribable! We are there for each other no matter what and I have become closer with old friends and met so many unbelievable new ones. Inspire Studios has become my sanctuary, my second home, my passion. Kristen and Gretchen have achieved their dream and more! Without them I would be lost! Thank you for all you do and your continued love and support of your crazy girls!