

Meet Jeni. She's Helping Me Get In Non-Spin Shape!



This is Jeni. Jeni owns [Mud And Lotus Training Center NYC](#) and Upper East Side Fitness.

I met Jeni a couple months ago when we came to a class for my friend Rachel's birthday, and when we moved into the neighborhood I got serious about wanting to improve my upper body and abs, so I started coming to her HILIT (high intensity, low impact training) classes before work.

Guys, there's ladders and TRX machines, rope pulls, and Pilates Power plates here - AKA: stuff that intimidates the heck out of me. I've been spinning for years, but this is like, hardcore and I was *not* experienced in this type of workout.

But Jeni and her team are so friendly and welcoming, and they provide great inspiration and gentle correction when I need it. I never feel dumb or self-conscious, I just try again, and hopefully do it better than the time before.

I'm already noticing a difference, and I can't wait to see what incorporating these classes into my workout routine does to my body! So this was a very long story to say two things:

1. Try stuff that scares you. Try stuff that intimidates you. Try stuff you've never done before. Getting out of your comfort zone can lead to some awesome places.
2. If you're ever in the area, let me know and I'll meet you for a class!