



Run like a mother!

The Strength Studio is a unique women's only facility designed to challenge your body, keep you motivated and give you results.

Women transform their physiques with Les Mills BODYPUMP. They Burn fat in our high intensity cycling classes. Dance their way into a better body with Zumba.... and stretch, strengthen and breathe in our stress relieving Yoga Classes. All of our classes are lead by certified group fitness instructors who are best in the business!!!

On Sunday, May 2nd there was an amazing Fitness Challenge where eleven teams of four women were pushed beyond what they thought were their physical limits and rewarded with the success of crossing the finish line!

The ladies knew very few details about what they were committing to. They knew there would be approximately 4.5 miles of leg work - whether it be walking or running. They knew there would be four stops along the way which will require some team brain work and additional physical exertion. At each of the four stops they earned a map to get them to their next destination. They were required to complete the physical challenges together as a group. The individual teams really joined forces. It was their comradery and team spirit that helped get all of them through!

They ran, they did pushups and puzzles, followed by shooting baskets and transcribing the national anthem, solved math equations and cardio drills, found the right key for the right locks and did a word scramble... all of this along the 4.68 mile course. It was fantastic – all of it!

First place went to: The Decade Chicks (each of the four teammates are a decade apart.. so cool! They are all teachers in the Bridgewater school system) – Gayle Arrighi, Christine Page, Siobhan Moylan and Lindsay Wood

Second place went to: The Yummy Mommies – Kara Gingell, Kim Gentile, Katie Moreau and Sareva Sakulich

Third place went to: The All Around Divas – Lisa Alfonso, Deb Mason, Lori Kelliher and Mary Beth Hanafin

Some quotes from hard-working participants:

“Thanks so much for yesterday! Had a lot of fun! Also appreciate you putting in the effort to motivate us even further! Thanks for the last 6 mths as well - not only have you helped me improve my strength and increase my motivation in that time but to see the changes in some of the women there in really a short amount of time is amazing. You have made a difference to a lot of women!” - Kristina Bettencourt, Bridgewater, MA

“Just want to say thank you so much for putting together such a FUN challenge this morning!! I could tell you guys really went to a lot of work and put a lot of thought into it to make it the best for all of us!!! I have NEVER done anything like that in my life and it was SO MUCH FUN!!!! I didn't know I even had it in me to do that!!!! I had a BLAST and I loved my team!!!! Thanks again for helping to show me the true potential my body can have!!!” – Jennifer Turner, West Bridgewater, MA

“Thank you Jill and Lauren for yesterday's challenge! I am proud of myself!!!! I didn't think I could ever do anything like this! I am so proud of being a part of your studio! Thanks!!!!” – Bonnie Enriquez, Bridgewater, MA

“I cannot tell you how awesome yesterday's challenge was. I am so proud of myself!! I thank you guys for helping me become the strong woman I am today. I am stronger than I give myself credit for. Thank you for teaching me this life changing lesson. LOVE YOU, Jill and Lauren!!!” – Kara Gingell, Bridgewater, MA

We have the most amazing (and pretty) members in the world!!! Our ladies are the best!!! What a fun Fitness Challenge! CONGRATULATIONS TO ALL OF YOU FOR STARTING STRONG... AND FINISHING STRONGER!!!

Happy Mother's Day to the women who truly did (and still do) run like mothers!