

»»» OCTOBER NEWSLETTER

BEARFEET EXPERIENCE

October is BUSY at Bearfeet- and we're here for it! From new classes and special rides to fun events and our ONE-YEAR anniversary, there is a lot happening around the studio this month! Mark your calendars and come join in the fun!

We can't wait to celebrate with you!



We're turning one!

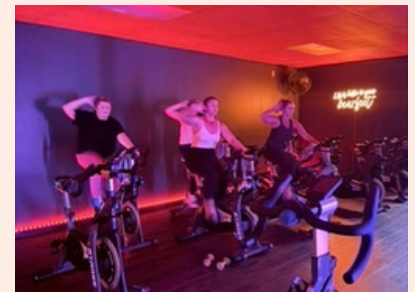
Can you believe it's already been a year?!

We've loved watching Bearfeet grow into such a fun, welcoming community, and we couldn't have done it without all of you. So naturally... we're throwing a party!

**Celebrate 1 year of
Bearfeet
Saturday,
October 24th, 9AM-12PM
Trent Plaza - New Bern**

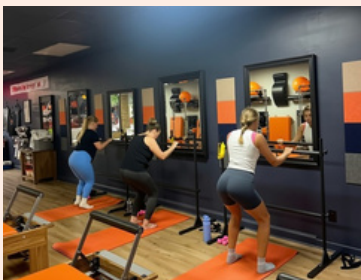


**Local vendors
Giveaways
Good people and good vibes**



»»» **October 20th @ 10:30a
Golden Bear The Groovy Ride**

A feel-good, low intensity spin class with the lights left on, great music, steady riding, and easy hills. No fluff, no pressure- just 30 minutes to move, groove and ride at your own pace.



We have added even more ways to move at Bearfeet! With more Barre on the schedule and the addition of Mat Pilates, there's something for whatever kind of movement you're feeling that day. Come stretch, strengthen, and find a new favorite class!

Faces of Bearfeet

Member Spotlight

Sonya Alexander



Which class(es) do you take?

Pilates at Bearfeet Experience

What was going on in your life when you first walked through our door?

In January of 2025, I made the decision to take charge of my health before someone else would have to. My entire life had been constant yoyo dieting, but just like everyone else, that does a number on your metabolism. Where I could drop 20 pounds in a month in my 20's and 30's it was now taking way more to fight the fight than my body and mind could overcome successfully. Since 2011, I have seen my weight peak at 285 and get as low as 202. In those 14 years, I suspect that I lost and regained more than 1000 pounds. In late 2024, after much research, I decided to talk to my PCP about weight loss options and was prescribed the "W" weight loss injection. It was a game changer for me mentally and I found myself being able to get the weight off without the overwhelming starving feelings. I began tracking my food intake daily (still do - I'm on day 572 of meal tracking) and by the time I saw him the following year, I had dropped from my start weight of 242.8 to 156. During this year, the only real exercise I had done was consistent walking (most days 3 miles.) The walking helped but with the weight loss came the issue of the loose skin. My PCP recommended Pilates, so In January of 2026, I booked an intro class with Joanne at Bearfeet Pilates.

What's changed for you since you started coming to Bearfeet?

My intro class fired me up. I had major apprehensions about this lifelong couch potato being able to do Pilates. My fitness level even as a child was next to zero. I took dance but never saw it as exercise. Instantly, Joanne made me feel comfortable. She and the team have encouraged me along the way so much. I'm doing things that I never, ever imagined this body being able to do (a 2-minute plank for one!) In March, I reached my goal weight of 148 and since then I've consistently weighed between 144 and 146. I have muscles! I still have some of the skin and always will, but I can see muscle definition and others see it too. I not only feel stronger, I am stronger. My stamina is much better. My core strength improves with every class. Our family took a vacation about 8 years ago to Edisto Island. My youngest son took his kayak. I recently had a Facebook memory pop up with his picture in his kayak and in the comments, I said my goal was to be able to go out with him the next year. Seven years later, I can now go out with him. I'm so proud of myself.

Who's someone here you'd never have met otherwise? Tell us a bit about them.

Outside of the instructors (all of them are outstanding) the one person that comes to mind is "Jane" and I don't even know her last name. She and I are about the same age. We have things in common in that we both still work (although she has an official retirement date and I'm thinking I'll hang on until I'm 70) We both started this journey about the same time. I see progress in her that I think I see in myself, and I hope she is as proud of what she's doing as I am.

Finish this sentence: "Bearfeet is ____"

my place to go for me! I'm doing this for myself

What's your go-to spot in New Bern after class? (just for fun)

Everyone knows that usually my husband drops me off and runs errands. After class we grab dinner together. It's usually Sumo Bowl (asian) or Mi Cabana (mexican.) I figure after burning the calories, I have earned a little reward.

Tell us a random fact about you most people here don't know. (just for fun)

I play golf, poorly but do play and love it!

Anything else you want to share?

I would only encourage anyone reading this that may not feel like Pilates is something you can do, get past that and try. Beginners don't come in being able to do a 2-minute plank, but every class allows me to try something new and work towards a goal. Each year our company asks us to set goals for the upcoming review year. Most of the goals are business related but they ask us to set one personal goal as well. My personal goal for 2026 was to advance from Koala (beginner) to Grizzly (advanced) by the end of 2026. I feel like i'm really close to a solid "Panda" level. I may not hit Grizzly by the end of 2026 but if not, I'll keep going. Eventually, I would love to become certified to instruct. I feel that I can offer perspective and hope to new "senior citizens" that you can age gracefully and stay as active and independent for a long time, but you have to put forth the effort.



**Hibernation Bear
Stretch and Restore
(Reformer)**

Slow down, stretch it out, and settle in. Hibernation bear is a cozy stretch and restore class designed to release tension, improve mobility, and leave you feeling relaxed, and refreshed.

Click the link to sign up!

<https://link.bearfeetexperience.com/Hibernation>

Holistic Happy Hour with Gabby Roberts

Join us for a relaxed evening of good vibes and conversation about natural wellness. Gabby will share simple, practical ways essential oils can fit into your everyday routine.

Come with questions, bring a friend and enjoy a fun, no pressure night at Bearfeet!

Free Tuesday, Oct 27 7PM

Sign up below to let us know you plan to attend!

<https://link.bearfeetexperience.com/EssentialOils>



Now introducing Bearfeet Parties!



Grab your crew and let's celebrate! Book a private spin, pilates or barre party-- perfect for birthdays, girls' days, team building, or any excuse to get together and move! Ask us for more all the details.

Your class. Your people. Your party.

Bearfeet Style!



Instructor Spotlight

Summer Hawkins



What do you teach at Bearfeet, and what do you love most about it?

I teach Rhythm and Endurance Spin! I love that spin can be so many things at once — a workout, a stress release, a confidence boost, and just 45 minutes where you get to do something for yourself.

Describe the vibe of your class in three words.

Fun, uplifting, and sweaty!

What is a moment from class that made your day?

Anytime someone tells me they were nervous to try spin and ended up loving it! I know how intimidating walking into a new class can feel, so seeing someone surprise themselves and come back for another ride genuinely makes my day.

What would you tell someone who is nervous they won't keep up?

You don't have to keep up! There is absolutely no pressure to match anyone else in the room. Take the resistance down, slow your legs, skip the choreography — whatever you need. I'll probably be dancing, singing, and being a little ridiculous anyway, so I promise nobody is watching you! Your first class is just about showing up and trying something new.

What's one thing people might be surprised to learn about you?

I was born in England, raised in Canada, and only recently made New Bern home!

Favorite New Bern spot?

Honestly, anywhere by the water! One of my favorite things about living in New Bern is being so close to the river and the coast. Give me sunshine, water, and somewhere to grab an iced coffee (shoutout New Bern Coffee Roasters, my favourite) and I'm happy!

What's your favorite song or artist to work out to or play in class?

This is SO hard because my playlists are all over the place! I love upbeat pop, country remixes, and anything that makes you want to dance on the bike. Right now, "Happen to Me" by Russell Dickerson the Steve Aoki remix is definitely one of my favorite songs to play in class — the energy is just too good!



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**Joanne and the
Beartfeet Team**