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The day I shocked the cardiac-rehab group

Wednesday, February 13, 2013

There was a recent post about forgetting gym clothes that sparked a memory.

Since I live in a popular retirement area, my local gym is full of senior citizens, like me. "Silver Sneakers" is our biggest fitness class. I don't attend that, but take advantage of their time slot to be sure to get my favorite treadmill.

It's a small gym without a locker room. I wear my running shorts & top under my clothes, strip them off into my gym bag and jump on the treadmill.

The main, much larger gym in town has many facilities including a locker room.

As I walked in there one day and passed the fitness room, I noticed that only one treadmill was available. The cardiac-rehab group was in session. So I ran in, grabbed it, pulled off my sneakers and pulled down my pants to reveal that I hadn't worn my running shorts. They were still in my gym bag!

As I stood there in my underwear, pulling my pants back on as quickly as possible, I hoped that I didn't cause anyone to have a shocked relapse. They were all recovering from heart attacks after all. Fortunately, no one seemed to notice. Either my underwear isn't noteworthy enough or they were all glued to the latest news on TV (or pretended to be).

Lesson learned. After that experience I always take off my pants very slowly to be sure the shorts are on my butt and not in the bag.

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MJZHERE



Thanks for the laugh
3040 days ago



PIXIEMOM13



Oh dear..what a hard way to learn that particular lesson!

3040 days ago



CD7658463



You flashed them. Gave them a reason to workout faster.

3040 days ago



DR1939



All those cardiac rehab people had just spent some time in the hospital where they got used to

seeing naked butts walking down the hall.



3042 days ago



KA_JUN



3042 days ago



MERRYMARY42



I belong to Silver Sneakers, but I can relate with you and only 1 treadmill left, you gotta grab

while you can



3042 days ago



CELIAMINER



OMG, that was rich! Sorry for your embarrassment, but thanks for sharing!

3043 days ago



KELSEY54



Too funny! 😊

3043 days ago



TIGGERJEAN



The lesson is- do not stand between this woman and her bicycle.

3043 days ago



COCK-ROBIN



LOL!

3043 days ago



CD5500762



3043 days ago



SUZYMOBILE



3043 days ago



CAROLCRC



3043 days ago



MISCHAKEO



That was too funny. I worked out one morning and was running late for work. Later in the day I noticed that I still had my exercise bra on..Oh well.

Glad you had quick reflexes. I have my favorites at my gym also.

3043 days ago

WILSONWR



That's funny. At least you reacted quickly!

3043 days ago



BOILHAM

There are just too many ways to respond to this blog.



I will go with: "Just be thankful you weren't going commando that day."

3043 days ago



NANNABLACK



3043 days ago



CD13167855

I change in the locker room even if I have my exercise clothes on under my street clothes. I can feel my exercise clothes under my clothes. I just feel more comfortable changing in the changing room. I'm sorry that happened to you. I go to a big friendly Y. Our most popular class there is Silver Sneaks as well. I've been invited although I'm not 55, yet. I don't go to that class. I do a kickboxing class, muscle conditioning class and Zumba, both water and studio. I also spend a



lot of time walking the indoor track.
3043 days ago



CD10259955



LOL



LOL



LOL



LOL



LOL

This just made my day!!!!
3043 days ago



DMEYER4

cute blog. I can just imagine the embarrassment you must have felt Have a great day
3043 days ago



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