

Local Stories | November 18, 2025

## Exploring Life & Business with Robin Thomas of Inursha Fitness



Today we'd like to introduce you to Robin Thomas.

**Hi Robin, we'd love for you to start by introducing yourself.**

My first company began with me putting in a contract/bid with the osteopathic hospital who owned at the time the Fitness connection in Fort Worth. My company was "One On One personal training". I was only 24 years old and surprisingly I received the contract. In my 20s I had approximately 20 Personal Trainer working for me. I then expanded into another location. Eventually put all our attention into the newest location, in 2002, my wife Glory, and I who is also my business partner now purchased another gym., Inursha Fitness at about the same time we had our son Gage. We sold One on One and put all our focus into Inursha. 23 years later, Inursha Fitness is still going strong and is considered one of the top independent gyms in Fort Worth.

**I'm sure it wasn't obstacle-free, but would you say the journey has been fairly smooth so far?**

The fitness industry is an extremely up-and-down business. You're always going to have new competition popping up all around you and also new trends in the industry. But by far the most difficult time we had was during Covid. And being closed down for so long, losing a lot of our clients and heaven in a lot of ways start all over. Approximately 60% of all of the independence small gyms in the country went out of business

**As you know, we're big fans of Inursha Fitness. For our readers who might not be as familiar what can you tell them about the brand?**

Inursha has been in business for almost 25 years. Now is a family owned business with my wife Glory being my business partner. We specialize in personal training and me personally I specialize in sports specific training. Primarily working with baseball, softball and volleyball players. Inursha is known for having a top quality training staff working out of here. We treat every member with a very personal touch where they feel welcome and at home. I'm most proud of Bryan wise of having incredible training staff and being able to offer training wise something to anyone who comes to us. Helping with every one with their fitness journey. I think that really what set us apart is without knowing a better way of saying we're the big gym when you come to the Inursha people are gonna know you people who work here gonna know you you're gonna feel comfortable and at home working out here. We also have small group training, massage, stretch along with food prep that is delivered weekly for our members.

**We love surprises, fun facts and unexpected stories. Is there something you can share that might surprise us?**

I grew up in Florida. My wife and I have been married for 26 years now and we have a son Gage who just graduated from West Point military Academy.

**Contact Info:**

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