

Name: Ashley Hotaling

Nicknames: Ash

Birthday: 10/18/84

Where were you born?: Norfolk

When did you start teaching at iNLeT? 2 years ago

What brought you to iNLeT Fitness?

When I moved back to the beach after college, I lived right down the street from here

What is your favorite thing to do outside of the gym?

Go to the beach

What is your favorite TV show?

Law and Order SVU

What is your worst habit?

Chewing ice

What is your favorite season & why?

Summer because I'm a teacher and teachers love summertime!

What is your go to meal/snack?

Grilled cheese sandwiches

What is something that you wish you had learned earlier on in life?

You can't change people!

What moment in your life made you feel "lucky"?

Sept. 28, 2013, the day I got married!

What material object in your life do you feel you cannot function without?

My phone

What is something you'd never say "never" to?

Running a 3rd full marathon

What's your favorite color Starburst?

Red, obviously

What would someone tell you is your best quality?

My determination

What is something you regret?

Not living abroad for longer in college

What is something you are afraid of?

Spiders

What is your favorite indulgence?

Cadbury mini eggs

Who is someone (dead or alive) you would LOVE to workout with and why?

Jessica Biel b/c I love her body and because Justin Timberlake might show up!

What is a scene from a TV show/movie that you will never forget?

Saved by the Bell- Jessie Spano "I'm so excited" scene

What movie can you quote the majority of?

Dirty Dancing

What motivates you in the gym?

MYZONE!

What do you love MOST about teaching classes at iNLeT Fitness?

I get to work out with the BEST people and make new friends all of the time!