

Name: Christine

Nicknames: Christinie Beanie

Birthday: June 28

Where were you born?: New Jersey

When did you start teaching at iNLeT? July 2016

What brought you to iNLeT Fitness?

When we moved to VA Beach, a friend recommended INLeT and I'm so thankful for that!! As soon as I met Laurie, I knew I'd love it here!

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

Relaxing at the beach, being outside!

What is your favorite TV show?

How I Met Your Mother

What would you do if you were invisible for a day?

Go for a ride in the back of an F-18!

What is something you say a lot?

"That's awesome!"

What is your favorite Restaurant?

I love Mexican food

What is your "go to" workout move?

Squats. Get in the zone and get after it!

What is your dream vacation?

Either an all inclusive beach vacation or a trip through Europe with no set end date!

Tell us something we may not know about you?

I have a Masters in aerospace engineering

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

Not to worry so much about what other people think

If you were going to be trapped on a deserted island for 7 days, what 3 things would you bring with you?

My husband, a book, and beer

What is your favorite season & why?

Summer! I love the beach and the sun. Everything is better in the summer, though I do appreciate the change in seasons!

If you could be any age for a week, what age would it be and why?

I don't know - I'm pretty happy at 27!

What is your go to meal/snack?

Meal: Breakfast! Recently I've been making lots of fritattas.
Snack: PaleOMG's recipe for Chocolate Chip Banana Walnut Muffins

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

Marrying my husband!

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

My phone

What's your favorite color Starburst?

I'd rather have chocolate!

What is something you regret?

Saying no to dessert!

What movie can you quote the majority of?

Dumb and Dumber, The Grinch (Jim Carrey version)

What motivates you in the gym?

Feeling strong and enjoying the workouts!
Also, feeling the stress melt away!

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

The people!! I love getting to teach such a fun group of people. It's so great to see everyone truly enjoy working out!