

Name: Lyndsay Krueger

Nicknames: "Lynds"

Birthday: November 15

Where were you born?: Milwaukee, Wisconsin

When did you start teaching at iNLeT? July 2018

What brought you to iNLeT Fitness?

We had just moved to the area and I started touring gyms nearby. I tried a few of the classes at iNLeT and knew it was the place for me. I was immediately compelled to meet with Laurie and the rest is history. :)

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

I mean, I love a good day at the pool or the beach with my family and friends. Though, you can always talk me into some quality competition - volleyball, softball, spikeball, scrabble, anything!

What is your favorite TV show?

Going with a classic: *FRIENDS*

What is your worst habit?

I'm a messy cook.

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

Bible, food, water - duh!

What movie can you quote the majority of?

The Greatest Showman

What is your favorite season & why?

I love summer!!! The change of pace, the long hours of daylight, the endless play in & near the water, the additional time with friends and family; summer is the best!

What is your go to meal/snack?

chips & salsa

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

Choose people; tasks can wait.

Tell us something we may not know about you?

I have an identical twin sister.

What moment in your life made you feel “lucky”?

After each one of my kids were born.

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

My Honda Odyssey, baby! (I'm a shameless homeschooling soccer mom. What can I say?!)

What would the title of your Autobiography be?

Lyndsay Krueger: The Struggle Juggle is Real

What is something you never say “never” to?

Dessert

What’s your favorite color Starburst?

Orange

***What’s the most obnoxious
thing you’ve seen on TV/Facebook?***

That missed pass interference call (Rams vs. Saints)...c'mon man!

What is something you regret?

I wish we had traveled more before we had kids.

What is something you are afraid of?

I really don't like reptiles of any kind.

What is your favorite indulgence?

I have zero self-control around dark chocolate or cheesecake.

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

I'd love to workout with Jennie Finch or Kerri Walsh. I truly admire people who are the best of the best. These two women made it to the top of the two sports I love playing the most.

What motivates you in the gym?

I love the satisfaction of pushing myself to new levels or proving to myself that I can still do something.

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

I love the people! Every class is an opportunity to empower others to strengthen the able-bodies we have been given.
It's truly a gift to teach.