

Name: Ashley Ferreri

Nicknames: Ash

Birthday: February 27, 1989

Where were you born?: San Jose, California

When did you start teaching at iNLeT? March 2018

What brought you to iNLeT Fitness?

I had just moved to Virginia Beach and was in need of both a new gym and job. A friend of mine who's a member here suggested I check Inlet out and here I still am a year later!

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

I love spending time with my husband and our dog, Atlas. Whether it's at the beach or on a hike, we always have a great time together. I also love to travel as much as possible.

What motivates you in the gym?

I'm a super competitive person, especially with myself, so I love trying new things and seeing what my body is capable of.

What would your significant other say if we asked them your worst habit?

He'd most likely say I watch too much trashy TV. I love sitting on the couch after a long day and watching a mindless show that requires zero brain power to pay attention to.

What is your "go to" workout move?

Planks! Always! I love how dynamic and challenging they are.

You're cooking dinner, what is your go to?

I'm not exactly the chef in my house, so it would probably be something really basic like roasted chicken with veggies.

What is something you say a lot?

When I'm teaching I tend to say something like "Just a few more!" or "Just a little longer!" Which probably means I'm lying and it's going to be a LOT more.

What is your dream vacation?

Right now number one on my list is trekking through Patagonia

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

I wish I had figured out what career path I had wanted to take a lot earlier on. My English degree isn't exactly being put to much use now that I'm a Pilates instructor.

Tell us something we may not know about you?

I ran Track in college and specialized in the 400m hurdles

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

When my husband proposed to me while we were hiking in Switzerland. Our wedding was amazing, but it was that moment that truly felt surreal.

What would the title of your Autobiography be?

She Never Took No For An Answer

What song makes you smile anytime you hear it?

Magic by Coldplay. It was on the radio while my husband and I were driving through the Swiss Alps right before he popped the question.

Who is your go to person for life advice?

Definitely my mom. She's very much a straight shooter and always tells me what I need to hear.

You won \$1 Million Dollars, what is the first thing you do?

Take all my closest friends and family on a massive all expenses paid vacation

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

I absolutely love the members. They always have the best attitudes, they work their butts off, and they always go out of their way to make me feel great about myself as an instructor.