

Name: Maggie LeFante

Nicknames: Maggie

Birthday: June 24

Where were you born?: Portsmouth, VA

When did you start teaching at iNLeT? July 2019

What brought you to iNLeT Fitness?

Katie Kramer! And the amazing atmosphere, it is such a beautiful place to work out!

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

Long walks, biking, being outside, reading, watching movies, eating and traveling.

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

The community! The people here are so kind and welcoming! iNLeT members are genuinely grateful for an opportunity to work hard & challenge themselves.

What motivates you in the gym?

Seeing other people working hard, I'm pretty competitive. Great music is also a huge motivator.

What would your significant other say your worst habit is?

I can be messy.

What is a sound that you love the most?

Water: waves, thunderstorms, etc

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

grilled salmon over a big salad.

What is your "go to" workout move?

Glute Bridges & Planks

What is something that you say a lot when you are teaching at iNLeT?

"Breathe"

Who motivates you and why?

Literally anyone who has ever taken one of my classes motivates me. When people are willing to devote time to themselves to work hard, it encourages me to show up 110%. We all have busy lives, and so many excuses not to do something, so being reminded on a daily basis that people could be doing anything else and they chose to work out with me, is a huge honor and responsibility. Oh, but also Oprah, because she has created an amazing legacy out of being authentic, real and asking tough questions.

What is your dream vacation?

A month to tour France, Italy, Korea & Japan

What is a fitness goal you have for yourself?

My goal right now is to increase my athletic endurance and strength.

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

A week's supply of Perfect Bars, a book, sunscreen

What is something you wish you had learned earlier?

Communicating effectively, setting boundaries, and proper form on my burpees.

Bungee Jumping or Skydiving?

Skydiving

What would the title of your Autobiography be?

Welcome

What's your favorite color Starburst?

Yellow

What is the most recent show have you binged?

Succession

What is one of your favorite iNLeT memories?

My first class teaching Yoga on the deck! I had no idea it would be so peaceful. There was a moment mid-class where everyone was moving together that felt like we were all in sync with the water; I'll never forget it. It was really special.