

Name: Tony Splendore

Nicknames: Tony Howudoin

Birthday: 3/21/1969

Where were you born?: Webster, NY

When did you start teaching at iNLeT? August 2019

What brought you to iNLeT Fitness?

Needed a change in my life

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

Bike, Travel, Hike, Eat, and drink wine!

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

Mostly, motivating others to workout.

What would the title of your Autobiography be?

A Great Ride

What motivates you in the gym?

I love working out, just being in the gym is motivating!

What is one of your favorite iNLeT memories?

Discussing wine while teaching spin class

What would your significant other say your worst habit is?

Speaking before thinking

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

Stand on the field of the college football championship

What is a sound that you enjoy?

The sound of an aluminum can opening

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

I make a mean baked potato

If you had a boat, what would you name it?

HOWUDOIN

What is a fitness goal you have for yourself?

No matter my age I am able to do what I love.

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

“Rest is important, lower your HR”

“wine of the week is”

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

My Fiance, my bike, and a really good chef.

What is something you wish you had learned earlier?

To have the eye of the tiger

Bungee Jumping or Skydiving?

Skydiving, I have already bungee jumped

Tell us something we may not know about you?

I've ridden my bike in 18 different states and 3 countries

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

Wow, there are so many I don't know how to pick just one.

I feel my life has been lucky.

What is something you say a lot?

Good Luck

What is your favorite holiday and why?

Christmas. I'm the Clark Grizwald of our neighborhood.

Something you never say never to?

Food, wine, and working out

What is one of your biggest pet peeves?

People that don't take responsibility for themselves

Share with us a random fact about you!

I've never had a cup of coffee