

**Name: Traci Heneghan**  
**Nicknames: Tray, Trah, Goose, Traster, Henny**  
**Birthday: January 18th, 1977**  
**Where were you born?: Jersey**  
**When did you start teaching at iNLeT? October 2017**

*What brought you to iNLeT Fitness?*

Pilates Reformers!

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

Play with my pups.

*What is your favorite TV show?*

Friends

*What is your worst habit?*

Driving like I'm from Jersey.

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

Not wait in lines!

*What is a sound that you love the most?*

Coffee Brewing in the morning and a wine cork "pop" in the evening.

*What is something you say a lot?*

Pull your belly button to your spine and get your shoulders out of your ears.

*What is your favorite Restaurant?*

Charley's Steak House in Tampa.

*What is your "go to" workout move?*

Squats

*What is your favorite season & why?*

Fall- football and beautiful weather.

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

Patience (Still working on it).

*Tell us something we may not know about you?*

I hate avocado.

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

Meeting my husband.

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

My watch

***What would the title of your Autobiography be?***

“On Switch, Off Switch”

***What is the most recent show have you binged on Netflix?***

Sons of Anarchy

***What song makes you smile anytime you hear it?***

“Don’t Stop Believin’”

***Who is your go to person for life advice?***

My Mom

***What is one of your favorite childhood memories?***

My twin sister was chasing me on the playground and I slipped and fell backwards in my fancy shoes. Jen caught me and put me back on my feet and we just kept running.

***What would someone tell you is your best quality?***

Loyalty

***What is your favorite indulgence?***

Champagne poolside

***Who is someone (dead or alive) you would***

***LOVE to workout with and why?***

Joseph Pilates so he could help me be a better instructor.

***What movie can you quote the majority of?***

Pretty Woman

***What motivates you in the gym?***

Getting stronger and feeling better.

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

***The members! I love seeing how hard they will work for me! It makes me want to be my best for them.***