

Name: Keleigh Chepy

Nicknames: Kels

Birthday: July 7, 1977

Where were you born?: Bluefield Va

When did you start teaching at iNLeT? January 2012

What brought you to iNLeT Fitness?

The view and convenience of being so close to my house.

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

Watch my children play sports, Basketball, Field hockey.

What is your worst habit?

Eating junk food

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

Shopping too much

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

Stow away on A World Cruise Ship.

What is a sound that you love the most?

My children Laughing.

What is something you say a lot?

Make Mommy Proud

What is your favorite season & why?

It's hard I love Spring and Fall but Fall is probably my favorite, the smells, the colors, hot drinks, holidays, sweaters, scarves, boots.

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

Don't sweat the small stuff.

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

When I had two Healthy daughters

What would the title of your Autobiography be?

"Let's Dance"

Tell us something we may not know about you?

I was born 7-7-77, I weighed seven pounds and seven ounces and I spell Keleigh with seven letters.

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

Wireless internet connection.

What's your favorite color Starburst?

While I love pink starburst, lemon is actually my favorite of the original 4.

What song makes you smile anytime you hear it?

Any Prince song.

Who is your go to person for life advice?

My husband, he is so well balanced.

What is one of your favorite childhood memories?

Rolling sideways down my Granny's hill in her back yard.

What would someone tell you is your best quality?

My Laugh.

What is something you regret?

Not turning off my phone more.

What is your favorite indulgence?

Cotton Candy

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

Justin Timberlake, he seems funny and a ball of energy.

What motivates you in the gym?

Most Epic Music

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

The opportunity to inspire and educate people to live happier and healthier.