

april 2013



Photo by Alice Keeney



Toni and Casey Kroll are fused by fitness.

The identical twins were together at Clemson and both chose Charleston for post-college career paths. Though Casey went into massage therapy while Toni joined the Mount Pleasant Police Department, they sought the steady energy of exercise. “We both love fitness; we love working out together.” They ventured into personal training before turning to positions at Lululemon, with Toni also instructing at Blast900. Now the twins test their limits in group classes with the support of their sisterhood. “It’s the unknown, and to have your best friend to do it with, it just kind of gives you that comfort when you’re going into new experiences.” But they savor one experience more than sweat sessions: “snug time.” When they were little, this meant climbing under the covers of one twin bed. Now it translates to the occasional slumber party in Toni’s spare bedroom. “We always wanted to be next to each other. That was our bonding time.”