



TERRI

Certifications: AFAA Certified Personal Trainer, AFAA Group Exercise Instructor, AAAI/ISMA Older Adult Fitness Trainer

Focus: As we age, the need for regular exercise and strength training becomes more crucial to our overall health. We need to build lean muscle, strength, and physical endurance as well as increase our flexibility, mobility and bone strength. I have 20 years of experience helping people age 60+ stay active and strong with safe, effective functional fitness training. It's never too late to start a fitness regime!



KIM

Certifications: NPTI Certified Personal Trainer, Kettlebell Certified Trainer, TRX Suspension Certified, CPR & AED.

Focus: My focus is in Functional Movement and Training, Dynamic stretching, Total body workouts & circuit, Muscle building, Fat loss, and Body Composition testing. I seek the thrill of a new client whose life will be forever altered with the implementation of a new lifestyle. Relating to my clients is important to me. Nutritional counseling is also available and customized to your needs.



LORAE

Certifications: AFAA Certified Personal Trainer, TRX Certified Coach, Senior Fitness, Pilates, Mad Dogg Spinning Instructor, AASDN Nutrition Specialist, American Red Cross Lifeguarding and First Aid.

Focus: Specialties include Total Body strength & conditioning, Functional training and balance, Senior fitness, Nutrition consultation and weight loss, and sport specific training. I will create an individual program for clients of all ages and fitness levels to help build muscle, strength, and to improve overall health and well-being.



ANDY

Certifications: AFAA Certified Personal Trainer, Certified 200 hour Yoga Instructor.

Focus: Andy earned his Personal Training certificate from AFAA in 2004. He has also been teaching Group Exercise since 2007 and earned his 200 hour yoga certification in 2015. A former smoker who was also overweight, Andy turned to exercise and healthy eating habits to transform his body and his life. Described as supportive, empathetic, and kind, he entered the fitness industry in order to share the transformative power of exercise with others. In his spare time, he plays ice hockey, softball, sings and plays guitar. Andy lives in Shirley with his wife, Cathy, whom he has been happily married to since 1998.