

Meet the Trainers



Carol Flanagan

Certifications: AMF Personal Trainer, ACE Group Fitness Instructor, AMF Step Aerobics, Behind the Scenes Kickboxing Instructor, YogaFit Certification.

Focus: To provide each client with an individual program which will help them successfully meet their goals. I enjoy working with all ages! Whether an individual needs to lose weight, improve their golf swing, gain strength, or better their overall fitness and well being I will motivate them with the use of weight training, cardio conditioning and nutritional information.



Carol Wing

Certifications: Passionate about fitness, serious about fun. Carol has over 20 years of fitness experience. ACSM Personal Trainer, AFAA Group Exercise Instructor, Senior Fitness, Pilates (mat & standing), Body Pump, Yoga, and Zumba.

Focus: From the elderly or injured to the competitive athlete, she can assist clients in reaching their goals for muscle development, balance, weight loss, core stability, flexibility, and sports-specific training. She believes in custom-tailored programs for individual bodies and minds.



Lorae McCall

Certifications: AFAA Certified Personal Trainer, TRX Certified Coach, Mad Dogg Spinning Instructor, American Red Cross Life-guarding and First Aid, AASDN Nutrition Specialist, USA Triathlon Coach, Senior Fitness and Pilates Certified. **Focus:** Strength and functional training, endurance coaching, sports specific training, senior fitness and nutritional counseling.

Joanne Hayes



Certifications: ACE Certified Personal Trainer, Group Power and Group Century certified instructor.

Focus: Strength training, small group instruction, circuit training/ bootcamps and nutrition.

***Christine Spelman PT,
DPT***



Certifications: BS in Exercise Physiology, Doctorate of Physical Therapy, licensed Physical Therapist.

Focus: Specializes in aquatic therapy for acute and chronic conditions.

For more information email:

Freestyle.physicaltherapy@gmail.com



Terri Zaborowski

Certifications: AFAA Certified Personal Trainer, Group Exercise Instructor, AAAI/ISMA Older Adult Fitness Trainer, Total Body Strength and Conditioning, Group Cycling Instructor, Kettlebells and TRX..

Focus: Fitness should be fun. Being active and healthy leads to a quality life filled with happiness and endless possibilities. With a holistic approach, she shares her love for fitness with her clients by designing creative and motivating programs to meet their individual goals.



Tanya Bierwirth

Certifications: ACSM Personal Trainer, ACSM Cancer Exercise Specialist, TRX, AFAA Group Fitness Instructor, Metabolic Effect Trainer, Maddog Spinning Certified.

Focus: Whether it was playing in the yard with my 3 brothers or involvement in sports, fitness has been a part of my life. Having a Bachelors Degree in Athletic Training from USC and a masters degree in Counseling from Pace U. allows me to combine my knowledge and love for fitness as a personal trainer.