

**Westford Regency Health  
Club**

**PERSONAL TRAINING**

Get the most out of your workouts  
with a personal trainer!

Whether you're new to exercise or an  
experienced athlete, our Certified  
Personal Trainers will help you  
achieve your goals faster and safer.

Learn what works best for your  
body, break through plateaus, and  
see results!

We offer individual personal train-  
ing sessions, semi-private personal  
training for you and a friend, and  
small group training.

For more information contact the  
Health Club Director at

scoombes@westfordregency.com

Or give us a call at the club

(978)850-4931



**Carol F.** AMF Certified Personal Trainer, ACE Group Fitness Instructor, AMF Step Aerobics, Behind the Scenes Kickboxing Instructor, YogaFit Yoga Certification.



**Lorae M.** AFAA Certified Personal Trainer, AASDN Nutrition Specialist, TRX Certified Coach, IMX Certified Pilates, USA Triathlon Coach, Mad Dogg Spinning Instructor, American Red Cross Life Guarding and First Aid, Senior Fitness and Pilates Certified.



**Joanne H.** ACE Certified Personal Trainer, Group Power and Group Centergy Certified Instructor.



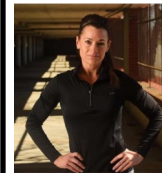
**Carol W.** ACSM Certified Personal Trainer, AFAA Group Exercise Instructor, AFAA Step Aerobics Instructor, Senior Fitness, Pilates (Mat & Standing), Body Pump, Yoga and Zumba.



**Terri Z.** AFAA Certified Personal Trainer and Group Exercise Instructor, AAI/ISMA Older Adult Fitness Trainer, Total Body Strength and Conditioning, Group Cycling Instructor, Kettlebells and TRX.



**Tanya B.** ACSM Certified Personal Trainer, ACSM Cancer Exercise Specialist, TRX, AFAA Group Fitness Instructor, Mad Dogg Spinning Certified and Metabolic Effect Trainer.



**Kim V.** NPTI Certified Personal Trainer specializing in Functional Movement & Training, Dynamic Stretching, Total Body Workouts & Circuit, Muscle Building, Fat Loss, Body Composition Testing,

Nutritional Consultations with a focus on energy balance and macro nutrient breakdown. Kettlebell certified, TRX suspension certified.



**Mary L.** B.S. in Exercise Physiology with a minor in Disability Studies, ACSM/ NCHPAD Certified Inclusive Fitness Trainer. Paralysis Recovery Specialist, with knowledge in Rehabilitative

Exercise and Technique. Mary

has experience in developing individualized, sport specific programs, weight loss strategies, on top of working with special populations in adaptive fitness.



**Andy S.** AFAA Certified Personal Trainer, Yoga Instructor. Andy has been teaching Group Fitness since 2007. As a former overweight adult Andy turned to exercise & healthy eating to transform his body and life. Andy now shares his passion for a

healthier lifestyle through helping others. He lives in Shirley with his wife, Cathy, and has been happily married since 1998.



**Aquatic Personal Training**

Christine S. PT, DPT

BS in Exercise Physiology, Doctorate of Physical Therapy, Licensed Physical Therapist.

For Appointments & Rates Email:  
freestyle.physicaltherapy@gmail.com