



Beede Center Trainers



Tyler Berry

Tyler Berry

Tyler's long time interest in human wellness, along with his experience training with others, led him to pursue a career as a personal trainer. He studied physical science at the University of Massachusetts, Lowell and is a CrossFit certified personal trainer as well as an Aerobics and Fitness Association of America certified personal trainer. His emphasis lies in blending cardiovascular conditioning with strength training, and he has worked with a wide range of age groups and fitness abilities. In his spare time he enjoys boxing, running, rock climbing, skiing, weightlifting, and basically anything physically challenging.



Jeff Cobb

Jeff Cobb

Jeff has been involved in athletics and exercise most of his life. Baseball, soccer, rugby and tennis are some sports that he competed in throughout high school and college. His passion for exercise is primarily in the weight room. Jeff helps his clients achieve their health and fitness goals. If you are interested in general fitness and having fun at the same time, then Jeff can make it happen for you. Credentials: BS Physical Education, Minor in Health, Certified Personal Trainer through American College of Sport Medicine.



Laurel DeWolf-Grisé

Laurel DeWolf-Grisé

Laurel has had a life-long interest in health and fitness. She is a group fitness instructor and holds certifications from Johnny G. Spinning, YogaFit, and Les Mills Body Pump and Body Flow. She is an ACE Certified Group Fitness Instructor and Wellness Coach and is now using her knowledge to advance into personal training with special interest in flexibility and strength training.



John Donaldson

John Donaldson

John earned his Masters Degree from Syracuse University and is an International Sports Sciences Association certified personal trainer. His focus is on strength and conditioning, and he trains individuals from all levels of fitness. He has coached athletes seeking help with power development and improvements in stamina. He combines high intensity strength and conditioning to his training, as well as guidance on performance nutrition. In his spare time John enjoys outdoor activities such as hiking and nordic skiing.



Trishia Hosmer

Trisha Hosmer

Trisha has been a certified personal trainer since 2006. Personal training fulfills her lifelong desire to work with those wishing to make a positive change. She specializes in designing personal programs for weight loss, physical therapy for medical rehabilitation both prior and post surgery, and training for marathons. Trisha strives to help every client obtain his or her personal goals. She is certified from National Academy of Sports Medicine as well as the American Sports & Fitness Association. She has run the Boston Marathon and competes regularly in local road races, spartan obstacle races, and the warrior dash obstacle races. Trisha loves to ski, play basketball, run, box, and soccer. Trisha resides in Groton with her son Sean. She is working on completing her Masters degree in psychology.



Paul Nitishin

Paul Nitishin

Paul became an American Council on Exercise-certified Personal Trainer in 2002 while a member of the technical staff at MIT Lincoln Laboratory. At the Beede Center since 2006 Paul develops individualized training programs to meet members' fitness requirements. Paul's interest lies in working with the mature population using strength training to improve balance and mobility retention.



Mark Ryder

Mark Ryder

Mark is a second degree black belt in Shotokan Karate. He has been instructing men, women, children, and college students in the martial arts since 1980. His interests in the martial arts and physical fitness lead him to more in-depth studies of fitness, nutrition, and dietary supplementation and a career in Personal Training. In 2005 he obtained his Personal Training Certification through American Fitness Training of Athletics. Mark enjoys educating his clients about fitness and often combines his personal training session workouts with a mixture of strength training, martial arts, sport drills and functional training.



Sarah Schultz

Sarah Schultz

Sarah is a 2003 graduate of The University of Massachusetts, Lowell where she majored in Community Health Education and minored in Psychology. Since her graduation she has been a personal trainer in the Concord area, helping many individuals safely and effectively achieve their fitness goals. She is certified through the American Council on Exercise and CrossFit, and recently earned a certificate in pre and postnatal training through ACE. Sarah grew up in Townsend Mass., and now lives in Rindge N.H.



Anne Windhol

Anne Windhol

Anne has worked as a Personal Trainer since 2000, following a career in children's fitness. She has a B.S. degree in Physical Education and is certified by the American Council on Exercise. Anne has been involved with a lifetime of athletics and fitness. She is a competitive golfer who also enjoys biking, tennis and hiking. Anne has experience working with many populations, including older adults, low back, shoulder, knee and hip replacement post rehab clients. She also enjoys sports specific training. Core strength, balance and posture are stressed with every client. Anne prefers functional training with the emphasis on fun!