

Beede Center Personal Trainers



Jeff Cobb

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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

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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.

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Kelsey Murphy

Kelsey graduated from Fitchburg State University, where she earned her B.S. degree in Exercise and Sports Science. She acquired her Personal Training Certificate through the International Sports Sciences Association and is also working towards her Nutrition Certification. Kelsey was a four year starter for her women's college soccer team. She has a passion for all things fitness! Kelsey creates unique and personalized workout plans to help others reach their own specific goals! She loves weightlifting, running, mountain biking, playing softball, competing in obstacle course races and hiking with her dog, Miya.



Kelsey Murphy

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.



Mark Ryder

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!



Anne Windhol