Lori Casinghino earned her certified personal trainer (CPT) certificate in 2007 from National Academy of Sports Medicine (NASM). She received a Bachelors of Science Degree in Sports, Fitness, and Leisure concentrating in Physical Education from Salem State College in 1995. She also earned a Masters degree in Health Education from Worcester State College in 2002. She has been a physical education teacher for the past 16 years, has coached tennis and field hockey throughout her career, and has been enjoying doing personal training and running bootcamps for the past 9 years. Lori has experience working with a wide variety of populations through many different fitness domains. Her classes offer fitness for all levels and include all ages. She modifies and adjusts for all clients as needed. She grew up excelling at field hockey, basketball, and tennis and went to a Division 1 University on an athletic scholarship and was the a member of the first inductee class of her high school hall of fame. Now, her passion is fitness and she loves sharing it with anyone who is interested.

Lori’s fitness classes involve a bodyweight/cardio warm-up, dynamic/yoga stretching, and a circuit that includes high intensity bursts with short rests. The circuit includes a variety of stations that include equipment such as TRX suspension trainer, TRX rip trainer, kettlebells, medicine balls, power wheels, stability balls, jump ropes, battling ropes, dumbbells, resistance bands, superbands, and valslides. Lori is always looking for the latest training equipment and exercises to add some spice to her workouts!

Strong Body=Strong Mind=Healthy Lifestyle=Better Choices=Happy!!