

FITNESS INSTRUCTORS

CHRISTINE VARANO, AFPA

Chris has been in the fitness field for over 12 years and joined Hilton Head Health in 2005, with certifications in Pilates instruction, group exercise instruction and personal training through the American Fitness Professionals and Associates. Chris obtained her B.S. from Western Michigan University and is currently working on her Masters.

ERIN BUTLER, AFAA, MA, CPT

Erin is a Certified Personal Trainer and Group Exercise Instructor through the Aerobics and Fitness Association of America, as well as the National Endurance Sports Trainers Association. Erin has been teaching group fitness for over 20 years and holds a Medical Assisting degree from the Bryman School of Medical Assistants in San Francisco, California.

GRETCHEN SPIRIDOPOULOS, AFTA

Gretchen is a certified Group Exercise Instructor through American Fitness Training of Athletics, as well as a Certified Aerobic Dance Clinician, Trainer and Instructor. She is also currently enrolled in Bender Ball Pilates and Chakra Movement courses. Gretchen teaches Water Fitness classes, Core Strength, Step Aerobics, Body Sculpt and more.

JACKIE SPINDEL, AFAA

Jackie is a certified personal trainer and fitness counselor through the Aerobics and Fitness Association of America. She is also certified in weight room resistance training, aquatic exercise and Pilates. Jackie teaches Zumba Latin Dance and performs private Pilates Reformer sessions. Jackie earned a B.S. in Physical Education from Brooklyn College in NY and is fluent in both English and Spanish.

KAREN VERECHIA

Karen is a certified and registered yoga alliance instructor through the Asheville Yoga Center. Known for her passionate and inspirational style of teaching, she blends a flow of yoga practice with concise alignment and provides individualized attention with specific exercise modifications. Continuing her education last year in Costa Rica, she attended a Thai Yoga Certification Retreat. Karen also teaches a college course at USCB and enjoys sharing the yoga experience with her university students.

KATIE HILOVSKY, AFAA

Katie began her fitness career as a Program Intern at H3 in 2007. She is a certified Group Exercise Instructor through the Aerobics and Fitness Association of America. She teaches a variety of classes, but especially enjoys teaching aquatics classes. Katie graduated from James Madison University with a degree in Health Science/Health Assessment and Promotion.

LINDA LISKO, NETA

Linda has been teaching a variety of classes at H3 since 2005. She is professionally certified through National Exercise Trainers Association, PHI Pilate's, Academy of Holistic Fitness and WaterFit. She is a Personal Trainer and Group Fitness Instructor and is skilled at developing and teaching classes in Mat Pilate's and Pilate's Reformer, Yoga, Aerobics, Kickboxing, Interval/Circuit, Strength Training, Stability Ball and Water Aerobics – in addition to other types of fitness classes. She has constructed individual and group wellness programs that integrate a variety of techniques including mind/body enhancement, lifestyle management, goal setting and motivation.

LOUISE LUND, AFAA

Louise is a Certified Group Fitness Instructor through the Aerobics and Fitness Association of America, as well as a Certified Personal Trainer. She has been working in the fitness industry for over 25 years. Louise specializes in safe instruction for multiple populations. Louise obtained a B.S. in psychology from USC and has worked in fitness throughout her career.



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MOLLY CARRINGTON

Molly has been a Tai Chi instructor at H3 since 2004. She is a certified Tai Chi instructor for arthritis under Grand Master Dr. Paul Lam. In her free time, Molly of course enjoys and practices Tai Chi and Qui Cong (Chinese Breathing Exercises), time with her four rescue dogs, and kayaking with her husband Ben.

SUZANNE BROWN, AFPA

Suzanne has been a fitness instructor at H3 since 2004. With a certification in group fitness from the American Fitness Professionals and Associates, Suzanne teaches a variety of classes. Her favorite classes to teach are Treading and Fitball Aerobics. In her free time, she enjoys running and traveling.