

Our Team

Tina Quarles

Tina Quarles, Certified Personal Trainer

- Certified Personal Trainer, International Sports Sciences Association
- Nine-time fitness competitor, three time winner

Tina isn't a one and done kind of personal trainer. Over the course of your goals and treatment, she taps into all aspects of your lifestyle to improve and empower your health—from nutrition to weight lifting to weight loss strategies.

For Tina, that kind of comprehensive care isn't just professional, it's personal.

A few years ago, Tina was referred to Elite Physical Therapy to treat a condition called sacroilitis, an inflammation in the joints that connect the lower spine to the pelvis. She was treated by Biagio and for the first time in 15 years, was pain free.

That's the kind of transformative results she works hard to deliver to her patients.

Tina's treatment specialties include:

- interval training
- weight conditioning
- nutrition

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