

Rose has been teaching fitness classes for over seventeen years and enjoys all kinds of workouts. Some of her favorites include: Cardio Kickboxing, Spin, Pilates, Muscle Conditioning and Running. She enjoys working with men and women on all fitness levels and truly believes fitness should be FUN but challenging at the same time!

Rose is a certified Health and Wellness Coach and also holds certifications through Fitour for both Primary Group Exercise and Primary Personal Trainer as well as TRX Suspension Training and CPR. She is always thinking of new, “out of the box”, creative programs to include in her group fitness regimen and ways to inspire others to discover the world of fitness. Providing a personal touch to each client and getting to know the needs of each client are extremely important to Rose.

Rose received a Bachelor’s degree in Sociology from Suffolk University and a Master’s degree in Criminology from the University of Massachusetts at Lowell. Rose has been a Massachusetts Private Detective for over 20 years. In addition to owning and running #garagegirlfitness in Tewksbury, MA, she is also the owner of Ryan Investigations (which she started in 2007); the Fitness Director at MG Fitness Wakefield; a Fitness Consultant for various nationwide fitness studios; and a Fitness Instructor at Alton Street Boxing and Fitness in Arlington. She is also the previous owner of Body Infusion, a full service fitness facility, which was located in Wilmington, MA.

Most importantly, Rose is very family oriented. Her favorite times are spent with her husband Billy, with whom she graduated Pope John High School, and as a mother to their two active children, Sam and Jake. Sam is a beautiful, kind 13-year old who is very active in softball and basketball. Jake is a handsome, caring athletic 12-year old whose favorite sports are hockey and basketball.

Together, the Ryan family loves to spend time with their family members, friends and especially with their three dogs: Molly, Maxi and Wally. They stay active playing sports together, traveling and currently, the Ryans are on a mission to find a cure for Type 1 Diabetes. 