

FocusNYC

Haley Carpenter, CPT

Originally from Houston, Texas, Haley moved to New York City to further develop a life-long career in fitness. She discovered her passion for health and exercise when she began working as a personal trainer and group fitness instructor while pursuing her bachelor's degree at Texas A&M University. After graduating, Haley went on to become a manager and trainer at a Texas-based company called Fitness Together, where she worked with a diverse clientele. She also served as a trainer and boot camp instructor at a women's boutique training studio and gained extensive experience working with women of all ages and fitness levels. Haley is committed to helping each of her clients discover not only a healthier lifestyle, but also a happier and more confident self. She strives to provide everyone she trains with a dynamic, exciting and rewarding experience. Her unique workouts incorporate aspects of strength training, cardiovascular exercise, Pilates reformer work, and Yoga. And Haley's enthusiasm for fitness doesn't end with her profession; in her spare time, she enjoys training for half marathons. Haley successfully completed the Rock n' Roll San Antonio Half Marathon in November 2009 and the AT&T Austin Half Marathon in February 2008 and February 2009.

Education

B.A.- Texas A&M University

Certifications

ACE Certified Personal Trainer (ACE-CPT)
AFAA Certified Group Fitness Trainer (AFAA-CPT)
SCW Fitness Pre/Post Natal Training
EFI Sports Medicine, Gravity Personal Training Instructor
CPR/AED Certified

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Dumbbell Training I (Juan Carlos Santana, M.Ed, CSCS)

Interval Training for Clients and Athletes (Mike Boyle, ATC)

Medicine Ball Training (Juan Carlos Santana, M.Ed, CSCS)

Band Training I and II (Juan Carlos Santana, M.Ed, CSCS)

Functional Training (Juan Carlos Santana, M.Ed, CSCS)

Stability Ball Training I and II (Juan Carlos Santana, M.Ed, CSCS)

Boxing Technique (Michael Marasigan, CSCS, MES)

Advanced Program Design (Christopher Matsui, CSCS, MES)

High Intensity Interval Training (Guy Andrews, MA)

Boot Camp Workout Drills (Guy Andrews, MA)

Kettlebell Basics(Earnest Hudson Jr., MS, CSCS)