

FocusNYC

Jamie Carroll, CPT

Jamie is originally from Brattleboro, Vermont. Her passion for fitness and exercise developed at an early age. Growing up, she studied dance for over 10 years. Jamie attended Lipscomb University in Nashville and began her training career at the YMCA of Middle Tennessee where she taught Zumba, ran boot camps, performed fitness evaluations, and designed structured exercise programs for members. In addition to her success at the YMCA, Jamie honed her skills as a fitness professional teaching group fitness classes at Marathon Fitness. There, she had a unique opportunity to take part in Eddie George's NFL Mom's Challenge, which was featured on the Dr. Oz Show. In association with EGX Lifestyle training, she trained 3 of the 26 NFL mothers who participated in an 18 week weight loss battle. Jamie is extremely passionate about health and fitness education; she is always looking for new and different ways to help her clients meet their goals more efficiently. Her expertise in programming ranges from weight loss to strength and conditioning for athletics. In her free time, she combines her enthusiasm for fitness with her love of volunteering. She competed in the Bike for Branches race in May 2009 and ran a marathon to raise money for the Make a Wish Foundation.

Education

A.B.A- Becker College

B.S.- Lipscomb University

Certifications

NASM Certified Personal Trainer (NASM-CPT)

TRX Suspension Training

First Aid and CPR 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)

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