

FocusNYC

Rebecca Lasser, CPT

Becca began her fitness career in Chicago where she trained clients at both large and small athletic clubs, corporate gyms, and some of the most exclusive facilities in the area. Her adaptability, knowledge and enthusiasm made her a popular instructor at each location and she gained invaluable experience working with everyone from athletes to special populations. Becca received her Yoga teacher training certification from Yoga Vidya Gurukul in Nasik, India where she studied classical Ashtanga Yoga. She also holds AFFA certifications in Group Fitness and Kickboxing and leads our weekly Focus Boot Camp classes. Becca's passion for fitness continues to flourish as she devotes much of her spare time to studying new techniques and exercise methods; she is currently working towards receiving her STOTT Pilates Mat teacher training certification. Becca received her Bachelor of Arts in Theatre from American University in Washington, D.C. and the British American Drama Academy in London, England.

Education

B.A.- American University

Certifications

AFFA Group Fitness

AFFA Kickboxing

Ashtanga Yoga Certified from Yoga Vidya Gurukul in Nasik, India

CPR/AED Certified - American Heart Association

Continuing Education

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

Yoga for Obesity (Yoga Vidya Gurukul, Dr. Parfulla Dorle)

Yoga for Stress Reduction (Yoga Vidya Gurukul, Dr. Parfulla Dorle)

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

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

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

Kettlebell Basics (Earnest Hudson Jr., MS, 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)

AFAA Indoor Cycling