FocusNYC

Angela V
BS, CPT

Angela’s fitness journey started with soccer at a very young age. She played through college, but post-graduation, she had trouble finding ways to stay in shape. She eventually turned to the gym and discovered a love for weights, calisthenics, and running. Weight training gave her confidence, in addition to producing great physical changes and health benefits. The strength and motivation she discovered in herself inspired her to help others do the same.

She is passionate about working with clients on goals such as losing weight, adding muscle tone, and overcoming injuries. She especially loves helping novices start their fitness journey and watching them transform from beginners to workout warriors!

Angela gets creative with her training plans to ensure they are enjoyable and always progress toward her client’s goals. She believes that putting time in the gym should make you feel your best, improve your mobility, and help keep you from getting injured. Her physical therapy experience gives her exceptional insight into how to put together programs that yield fantastic results while also improving joint and core strength. This is something she includes in every workout so clients finish feeling their best.

Education

B.S. Kinesiology, Pre-Physical Therapy

Certifications

ACE Certified Personal Trainer (ACE-CPT)
CPR/AED Certified
Pre/Post Natal Exercise

Continuing Education

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

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

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

Joint Friendly Strength Training (Nick Tuminnello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)