FocusNYC

Britney N.
BS, NASM- CPT

A native of Virginia, Britney is a graduate of Towson University's renowned exercise science department. With a background in gymnastics, cheerleading, and track & field, Britney has coached collegiate athletes in five different track events, interned with Towson’s athletic department as a nutritionist, and worked as a rehabilitation technician alongside doctorates of physical therapy aiding clients through their individual designed rehabilitation programs.

Britney is a certified personal trainer through the National Academy of Sports Medicine (NASM-CPT). and specializes in Weight loss, Corrective Exercise, Strength training, flexibility, and nutrition coaching. Britney’s philosophy aligns with the mind, body soul to promote lifestyle changes and improved physical health for all.

Education

B.S.- Exercise Science, Minor in Allied Health Science- Towson University

Certifications

NASM Certified Personal Trainer (NASM-CPT)
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.

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)