

# FocusNYC

## **Caroline S.** **FPTI, NASM-CPT**

Eager and energetic to her core, Caroline has been a spirited fitness enthusiast her entire life. A native of Minnesota, she grew up testing her physical abilities through a wide range of sports, finding snowboarding, soccer, dance, and track & field to be her main activities of interest. Always sporting a team orientated work ethic, she quickly found her way to captaining the varsity jazz and high kick dance teams, leading both to state championships her senior year

At Florida State University, Caroline's hunger for knowledge led her down many paths of self-awareness and discovery. When she wasn't studying for school, she researched different ways to better herself in the fitness environment. She took on tutoring positions within Florida State's Athletic Program and was a teacher's assistant for the Leadership & Wellbeing class within the College of Education. Finding solace in these educating roles as well as holistic wellness, Ayurveda, and nutrition, she dedicated herself to learning what fitness meant to her life and overall wellbeing.

After obtaining a double major in English and Communication, Caroline moved to New York City to work in developing and monitoring sales of Broadway merchandise. She soon realized that her passions for fitness, teaching, and connecting with others were better suited for a more active career and enrolled full-time at FOCUS Personal Training Institute to pursue personal training.

A top graduate of her 600-hour Master Course class, Caroline thrived in the fast-paced learning environment that focused on human body and form. She not only ensures clients maintain proper technical form during her sessions but also helps them cultivate their own lasting connection to health and wellness. As she pursues her NSCA CPT, she is excited to jump into her new career and help as many people as she can reach their wellness goals.

## **Education**

Focus Personal Training Institute Master Course (FPTI)  
B.A. English and Communication, Florida State University

## **Certifications**

National Academy of Sports Medicine (NASM-CPT) -Pending  
CPR/AED- American Red Cross

## **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)