

FocusNYC

Dawn S. **CPT, FRC**

Dawn focuses on the art and science of movement to guide her clients to results. By carefully selecting exercises based on the client's goal and consistent programming to prevent plateaus, she plans every workout to be as efficient as possible. With a background in dance, gymnastics and aerial arts, she coaches clients to execute movements with precision. As a professional figure and bikini bodybuilding competitor, keeping a science-based programming has always been a key to her own success.

The fascination of the human body has always been of interest to her, inspiring her to move to New York City from Syracuse, NY, to attend school at New York University with a focus on pre-medicine. Her enjoyment of physics and anatomy started her career as an exercise professional in 2006. Her passion for helping people kept her in fitness. By inspiring clients to make healthy lifestyle choices that transition into sustainable habits, she has been able to assist clients to achieve results and maintain them.

Education

B.A.- Politics and Pre - Medicine Studies, New York University

Certifications

Neufit Practitioner - Level 1
Neufit Practitioner - Level 2
Functional Range Conditioning
ACE Certified Personal Trainer (In Progress)
CPR/AED Certified
Mental Health First Aid - Adult

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)

Neufit Hypertrophy Course (Garret Salpeter, Chief Neufit Practitioner)

Metabolic Specialist (James LaValle, RPh, CCN, ND)

Resistance Training Specialist 123: Part 1, 2, and 3 (Chris Greany, RTSM)