FocusNYC

Granville G.
ISSA- CPT, FC, Nutrition

Granville Gittens is an ISSA Certified Fitness Coach and a graduate of Baruch College where he was a four-year basketball player, CUNYAC champion and Finals MVP. Granville specializes in strength, conditioning and weight management goals with a background in basketball and boxing. He is passionate about helping people work towards their goals in fun and insightful ways.

His experience in fitness started over twenty years ago while training for youth basketball. After graduating from Baruch College with a major in Business Communications and a minor in Psychology, Granville volunteered abroad in Barbados where his family is from. In Barbados, Granville found his calling as a fitness trainer while training youth basketball players and working at fitness centers. During this time, he also dedicated himself to boxing. Through sports and activities like bike riding, Granville has grown to appreciate the fun and adventurous aspects of fitness.

Education

Bachelor's Degree- Baruch College, Weissman School of Arts and Science

Certifications

International Sports Sciences Association- Certified Personal Trainer (ISSA-CPT)
International Sports Sciences Association- Nutrition Coach (ISSA-Nutrition)
International Sports Sciences Association- Fitness Coach (ISSA-FC)
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)