FocusNYC

Julia B
B.S, CPT

A New Jersey native, athletics have always been a part of Julia's life. Playing on a state championship lacrosse team presented the opportunity to become a Division I athlete at Virginia Tech. Being voted captain as a junior, she recognized that helping her teammates excel was equally as crucial as her performance. Her summers in college were spent at the Jersey Shore, teaching indoor cycling and paddleboard yoga classes at the local gym. Upon graduation, she was approached by a recruiter to consider Marine Corps Officer School.

This experience led to the decision to pursue a formal education in fitness training. You can find her running along the Hudson River Greenway or at a local coffee shop when she is not lifting. Julia is energized by creating innovative workouts for optimal client experience and is dedicated to transforming clients into the healthiest and happiest version of themselves.

Julia is an expert in Functional Anatomy, Fitness Programming, Nutrition, and Injury Prevention; and believes a strong foundation of education is essential to helping people successfully reach their goals.

Education

Focus Personal Training Institute (FPTI)
B.A.- National Security & Foreign Affairs, Virginia Tech
Marine Officer Candidate School, Officer Candidate – Quantico, VA

Certifications

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)