

# FocusNYC

**Lauren C,  
FPTI, CPT**

After earning her B.F.A. in musical theatre at the University of Hartford, Lauren spent several years traveling the country and the world as a stuntwoman. Settling in New York City several years ago, she attended Focus Personal Training Institute's (FPTI) Master Course. While attending, Lauren studied Kinesiology, Biomechanics, Exercise Physiology, Program Design, Client Assessment, Nutrition and Bioenergetics, and Injury Prevention.

During her time at FPTI, Lauren also found a passion for strength training and becoming stronger. She went on to compete with the nationally recognized FPTI powerlifting team, as well as winning first place in the Starting Strength Spring Challenge Open Division. In her sessions, Lauren strives to offer a fun, welcoming atmosphere to foster a positive experience with movement. She is a hands-on, results-driven trainer devoted to her client's success and confidence.

## **Education**

Focus Personal Training Institute Master Course (FPTI)  
BFA, The University of Hartford

## **Certifications**

ACE-Certified Personal Trainer  
Posture & Mobility Specialist Senior Fitness Specialist  
CPR/AED Certified - American Heart Association

## **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)

**Motor Control and Power Lifting** (Ryan Chow)

**Diaphragmnia** (Alanna Bradley)

**Low Impact Training for Sedentary Populations** (Will Brown)

**Movement Preparation for Squatting** (Zeena Hernandez, PT, DPT)