FocusNYC

Roxanne R.
FPTI, NASM- CPT

Born in San Francisco, Roxy is a proud Bay Area native. She graduated from San Jose State University with a Bachelor's degree in Broadcasting. She found her passion for exercise and fitness after graduating college through her own weight loss journey of losing 50lbs with the help of a personal trainer and making significant nutrition and lifestyle changes.

Equipped with her wealth of experience, Roxy has since worked as a fitness professional for the past seven years, serving various industries from corporate wellness companies to non-profit organizations. Known for her positive personality, she strives to create community and empower diverse populations through education around healthy lifestyles, physical and mental fitness, and the application of fun, safe, effective training, using a variety of methods. While Roxy loves a good barbell workout, she also believes you don't need much to get a great workout in – just some space and motivation!

A graduate of Focus Personal Training Institute's 600-hour Master Course. Roxy's mantra is "Work hard, stay humble, and reach higher". As a former competitive dancer, she is always finding something new to challenge herself to become a better version of herself, whether it be through continued education, trying out a new dance class, or training for the next Spartan obstacle course race. Roxy channels this same level of passion and education to empower others to reach their fitness goals.

Education

Focus Personal Training Institute Master Course (FPTI)
B.S. Broadcasting San Jose State University

Certifications

National Academy of Sports Medicine (NASM-CPT)
AFAA Primary Group Exercise (AFAA)
CPR/AED Certified

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)