FocusNYC

Sunny C
FPTI, NASM-CPT

Fitness has always been very present throughout Sunny's life, having dabbled in everything from martial arts to minoring in dance during college. But through it all, the most important constant for Sunny was always strength training. Even as other areas of interest waxed and waned, the gym very quickly became the priority around which all of Sunny's other priorities would revolve.

After dabbling in social sciences and humanities for several years, Sunny found a true calling after enrolling in Focus Personal Training Institute and graduating from the rigorous 600-hour Personal Training Master course as one of the top students in the class.

As a long-time fitness enthusiast and Certified Personal Trainer, Sunny is excited to put all this well-earned education to good use by helping clients build a sustainable relationship to exercise in the most efficient way possible.

Education

Focus Personal Training Institute Master Course (FPTI)
M.A - Comparative Literature, University of Colorado
B.A- Psychology & Spanish Literature, Minor: Dance, Alfred University

Certifications

National Academy of Sports Medicine (NASM-CPT) Pending
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)