

COURTNEY (COZ) CAUSEY

CERTIFICATIONS

- 7 -year U.S. Military Trained Health Promotion Coordinator
- National Exercise and Sports Training Association (NESTA) Personal Fitness Trainer
- AAAI/ ISMA Personal Fitness Trainer Certified
- CPR/ AED Certification

EXPERIENCE

- Strength Training
- Individual or Group Tabata training
- Speed and Agility Enhancement
- Boxing Fitness Techniques
- Cardio Drills
- Fitness Program Development
- Dietary Counselling



BACKGROUND

I developed my passion for fitness during my 21-year career in the Coast Guard where I became the Health Promotion Coordinator for the USCG Air Station New Orleans for four years and three years at the US Coast Guard Training Center Cape May. When referred to me it was my responsibility to ensure that all Coast Guardsmen and women met all fitness and weight requirements of United States Armed Forces through dietary counseling and a specifically designed fitness program. I will perform a comprehensive fitness assessment to reveal your strengths and weakness and design a program specifically tailored to your individual needs. I like to use multiple fitness platforms to increase flexibility, speed, balance, agility and strength. I enjoy working with all body types and ages, from preteens to retirees helping them achieve their specific goals.

CONTACT & PRICING:

Contact Coz - Call, Text (609) 425-8144

or Email courtneycausey0@gmail.com

1 Session - \$45 3 Sessions - \$120 5 Sessions - \$200 10 Sessions - \$350

Group session rates available upon inquiry