

TROY COX
WWW.TRAINERTROY.COM
(818) 415-9554
trainertroy@gmail.com

QUALIFICATIONS

Experienced in working with all age clients in structured personal fitness routines
Experienced in planning client nutrition charts for results
Experienced in meditation training for individual and group sessions
Experienced in individual and group aerobic exercises
Experienced in Hatha yoga and Corporate Stress Reduction Clinics
Communication skills and presentation are my greatest strengths

EDUCATION

NESTA, NASM, NCSF, 24 Hour CPT, APEX Nutrition
YogaFit and Corepower Yoga Teacher Training: Hatha, Hot, Hot Power Fusion,
Amrit Yoga Teacher Training, Registered Yoga Alliance Teacher
Meditation Training with Diane Ross
Yoga Nidra Stress Reduction Certification, Amrit Desi Institute
B.F.A. Central Missouri State University
Currently enrolled in Masters in Yogic Studies Program, Amrit Institute

EXPERIENCE

2007-current: Yoga Instructor, CODO DE CAZA FITNESS SPA Orange County Ca.
Lead personal and group sessions at a multi-million dollar private member spa and fitness facility.

2008-current: Yoga Instructor, Lotus 7 Yoga and Pilates, Rancho Santa Margarita Ca.
Lead group sessions at a Pilates and Yoga facility.

2004-current: Personal Trainer, 24HRFITNESS Orange County Ca.
Responsible for assessing client goals, planning training programs, ongoing evaluation of client progress and maintaining personal levels.
Have attained trainer of the month status repeatedly.

2005-present: Yoga Instructor Dana Point Marriott Resort and Spa Ca.
Initiated the planning and presentation of the Hatha yoga and meditation sessions at the Marriott spa.
Lead personal and group sessions.
Lead personal and group meditation sessions. Have been instrumental in increased client base at the spa and facilities.