



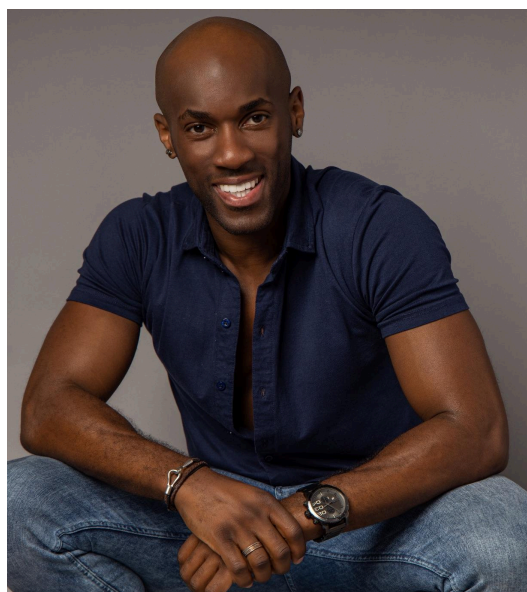
CREATE YOUR OWN

About Corey “C’Yo” Brown

Education

C’Yo received his Bachelor of Arts degree in Communication from South Eastern Louisiana University.

He started graduate school, studying mental health, at North Carolina Central University (NCCU) with the plan to obtain his master’s in counseling. However, after becoming ill with depression, C’Yo made the difficult decision to leave the NCCU graduate program just one semester shy of graduating.



Career

After graduating, C’Yo started his professional career in media as a floor director at WBRZ 2 ABS news channel in Baton Rouge, LA as well as interning Q93 - New Orleans Hip Hop and R&B station.

When in graduate school, C’Yo launched this first web show called the Drop which was an online based talk show that covered pop culture, celebrity news and addressed social concerns for the young working professional. It had a successful start and demonstrated positive growth, however, was dissolved when C’Yo made the decision to leave NCCU.

During this time period C’Yo also decided to reconnect with one of his first joys which is dance. Soon thereafter, he was introduced to the professional world of fitness and learned to

fuse fitness and dance into a profession. He became a certified fitness specialist with niches in dance fitness and weight loss training. His professional experience within fitness spans over a 9 year period and includes national fitness presenter at major fitness conventions, his trademarked fitness program, Urban Cardio Dance, and hosting his own fitness events such as the annual Gobble Wobble (live workout & toy drive).

The Three Pillars

Urban Cardio Dance® (UCD)



Created in 2012, UCD is a trademarked dance fitness program derived from combinations of urbanized dance styles that are fused together to create an industry like choreography in a format that is simple and fun to follow for all fitness levels.

The program incorporates routines both for the fitness enthusiast desiring an energy filled workout as well as the dancer looking for performance level choreography.

UCD offers a blend of music focusing on Hip Hop, Afrobeats and Pop.

The CYO Podcast - "OUR perspectives and OUR show"



Bi-weekly podcasts discussing all things fit, culturally pop and socially responsible.

Ranging from pre-recorded episodes with the host's own perspective to live informational or panel discussions about topics such as anti-racism and healthy eating/cooking where questions are encouraged as C'Yo likes to keep his audience engaged.



Community



Creating and hosting thoughtful events to encourage self development and create community.



Listed below are past events held by CYO LLC

Rep Your Coast on Zoom (071120)



A dance fitness event hosted together with Tier from TIERTIME Fitness (Los Angeles, CA) in support of The Charlotte Mecklenburg Dream Center.

“The Charlotte Mecklenburg Dream Center exists to give hope to the hopeless by engaging forgotten communities and joining their hands with the body of Christ across Charlotte. Through the Adopt-A-Block outreach program in local neighborhoods, Bible studies in The King's Kitchen each weekday afternoon, financial training, GED classes, job training, an intensive discipleship programming, daily feedings and church services, the Dream Center is connecting those in seemingly hopeless situations wWe're approaching the second quarter of 2020 and instead of throwing our hands up in frustration with failed commitment to the new year, we're going to take this moment to reflect, reset, and mingle with new folks during the process.”

The 2nd Quarter:Intentions Party and Social @ BeSocial (030720)



Created as social and discussion on how to live a more intentional life, it was a moment to reflect, reset, and mingle with new folks during this process.