

**PROFESSIONAL
PROFILE**

I believe in offering a safe, effective (and fun) health and wellness program. As a ballet dancer since the age of four, and an avid Pilates, barre, and yoga participant, I blended these disciplines into a trademarked barre class, YoLarates™, in 2009. In 2019, I began offering a course for others to learn how to teach this class. In 2020, Lotte Berk's daughter, Esther Fairfax, gave me the approval to teach the original Lotte Berk Technique. My focus is on barre fitness and being considered as an expert in this field.

EDUCATION

Barre Above Level 2 Instructor	2021
theLONDONmethod Certified ORIGINAL Lotte Berk Technique Instructor	2020
Barre Intensity Certified Barre Instructor	2020
SCW Fitness Aqua Barre Certificate	2020
CoreBarreFit Barre Exercise Intensive, Part 1	2020
Barre Guild Academy Certified Barre Teacher	2020
YogaRenew Teacher Training 200-hour Yoga Teacher Training Certification	2019
Vaganova Syllabus Preparatory Ballet Teacher	2018
Progressing Ballet Technique (PBT) Certified & Licensed Teacher	2018
Ballerobica® Certified Barre Instructor, Level 1	2018
American Sports & Fitness Association (ASFA) Ballet Fitness Instructor	2017
American Fitness Professionals & Associates (AFPA) Certified Holistic Nutritionist Certified Pilates Instructor (Mat)	2016, 2019
International Ballet Barre Fitness Association (IBBFA) Certified Barre Instructor, Levels 1-3, Special Populations, Prenatal Master Barre Instructor	2015-2017
Aquatic Exercise Association (AEA) Aquatic Fitness Professional	2014
American Senior Fitness Association Senior Personal Trainer	2013
SilverSneakers® Fitness Program Muscular Strength & Range of Movement (MSROM) Foundations, BOOM Mind, Splash, Classic	2013, 2018
American Council on Exercise (ACE) Certified Personal Trainer, Group Fitness Instructor	2012, 2017

Zumba® Fitness Licensed Instructor (Basics 1 & 2, Gold, Aqua, & Toning)	2011, 2012, 2013
Aerobics and Fitness Association of America (AFAA) Group Exercise Instructor Certification; Practical Pilates™; Golden Hearts™, Jillian Michaels BODYSHRED™	2010-2013
American Heart Association (AHA) Heartsaver® First Aid/CPR/AED Certification	2010-current
National Exercise and Sports Trainers Association (NESTA) Sport Yoga Instructor; Lifestyle & Weight Management Specialist	2009
ALBERTUS MAGNUS COLLEGE, New Haven, CT <u>Associate of Arts</u> in Liberal Arts, Business Administration concentration	1994

SKILLS

Yoga (200-hr RYT), Pilates, Ballet, Barre (500-hr RBT), Boomers & Beyond™, YoLarates™, Zumba®, exhiLarate™ Cardio Core, BarreSlim, Ballerobica®, Progressing Ballet Technique, Personal Training, Fitness2Music Musicality Method, Aqua Fitness, Senior Fitness, American Lotte Berk Method, ORIGINAL Lotte Berk Technique

EXPERIENCE

The BOG- Barre Over the Garage, Cheshire, CT Owner & Barre Teacher	2020-current
YoLarates™ Teacher Training IBBFA & ACE Continuing Education Workshop content creator/presenter	2020-current
BE Here Now Yoga & Fitness Studios, Cheshire, CT Barre Instructor	2018-current
IBBFA, International Ballet Barre Fitness Association, Mesa, AZ Master Barre Instructor	2017-current
Wallingford Senior Center, Wallingford, CT Zumba® Gold Instructor	2013-2016
Prospect Senior Center, Prospect, CT Zumba® Gold Instructor	2012-2018
Cheshire Senior Center, Cheshire, CT Zumba® Gold & YoLarates™ Instructor	2012-2019
Annalisa Studio, Cheshire, CT YoLarates™, exhiLarate™, Zumba®, Personal Trainer, BarreSlim, Ballerobica® Yoga, Pilates, Barre	2009-2020

PUBLICATIONS

YoLarates™ Teacher Training Course Manual	2019
Pulse: Keep the Beat of Youth	2015
The exhiLarate 10-steps to a Healthier- and Happier- You	2014
Just a Good Cook.... and you can be one, too Recipes from Lara's Kitchen	2012