

**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 fusion class, YoLarates™, in 2009. In 2019, I began offering a course for others to learn how to teach this class. My focus is on barre fitness and being considered an expert in this field.

**EDUCATION**

American Barre Technique (ABT) Certified Barre Instructor, Certified Floor Barre Stretch Instructor	2021
JumpSport Fitness JumpSport Fitness Trampoline Credentialed Instructor	2021
Barre Above Level 2 Instructor	2021
theLONDONmethod Certified Barre Instructor	2020
Barre Intensity Certified Barre Instructor	2020
SCW Fitness Aqua Barre Certificate	2020
CoreBarreFit (through Barre Intensity) Barre Exercise Intensive, Part 1	2020
Barre & Soul Academy (formerly 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® 2018 Certified Barre Instructor	
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, Trampoline/Rebounding, American barre, Lotte Berk barre

## 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	2018-2021
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