

Julia Shove

Making Moves Fitness, LLC

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PROFESSIONAL SUMMARY

Highly motivated, driven, and enthusiastic dance and fitness professional. Skilled in Classical Pilates, personal training, and group fitness instruction and dance education. Certified Classical Pilates instructor, graduate of Real Pilates Teacher Training 600-hour comprehensive program. NASM Certified Personal Trainer, ACE Certified Group Fitness Instructor, NASM Certified Nutrition Coach, and First Aid/CPR/AED certified. American Ballet Theatre National Training Curriculum certified teacher. Creator of conditioning program specifically tailored to dancers (Ballerinas With Biceps).

EDUCATION

Utica University, Utica, NY

Graduated: December 2018

B.S., Psychology (Cumulative GPA: 3.94)

Minors: Sociology, Gender Studies

Real Pilates Teacher Training (600hr Classical Pilates Certification)

Completed: May 2024

American Ballet Theatre National Training Curriculum (Pre-Primary – Level 3)

Certified: June 2023

National Academy of Sports Medicine Certified Nutrition Coach

Certified: March 2023

National Academy of Sports Medicine Certified Stretching & Flexibility Coach

Certified: July 2022

National Academy of Sports Medicine Certified Personal Trainer

Certified: July 2021

American Council on Exercise Group Fitness Instructor

Certified: November 2020

FITNESS & DANCE CERTIFICATIONS/WORKSHOPS

Adult First Aid/CPR/AED

August 2023 – Present

LaBlast Kids Fitness

November 2023

HIGH Fitness

September 2023

International Sports Sciences Association Kickboxing

August 2023

TRX Resistance Training

August 2023

Piloxing SSP

July 2023

LaBlast Chair Fitness

February 2023

SOULfusion

September 2022

Barre Above with Pilates Focus

August 2021

Barre Intensity

June 2020

Progressing Ballet Technique

May 2020

LaBlast Fitness

June 2019

P90X Live

June 2019

PiYo Live

January 2018

EMPLOYMENT EXPERIENCE

FITNESS INSTRUCTION

Hamilton College, Clinton, NY

August 2022 – Present

Personal Trainer, Group Fitness Instructor – Full Body Sculpt, LaBlast Fitness, Power Barre, Cardio Flow, PiYo

- Coach clients one-on-one to increase understanding of bodily awareness/alignment, restore movement
- Construct individualized workouts and programs, integrating kinesthetics, anatomical discussions, baseline nutritional guidance, postural corrections, and cross-training crafted specifically for dancers
- Acutely observe articulation of exercises, analyzing body mechanics and providing appropriate feedback

Bodywise Pure Pilates, Utica, NY

September 2023 – May 2024

Classical Pilates Teaching Apprentice (Real Pilates Teacher Training)

- Instruct clients in system of Classical Pilates across beginner, intermediate (I/II), and advanced levels as outlined by Real Pilates Teacher Training curriculum in private, semi-private & group sessions
- Train clients using multiple apparatuses developed by Joseph Pilates including Reformer, Mat, Cadillac (and tower unit), High Chair, Wunda Chair, Ladder Barrel, Small Barrel, Spine Corrector, PediPole, Magic Circle, weights, and additional pieces of classical equipment

- Actively provide hands-on feedback correct/improve alignment, exercise execution, and understanding of muscular engagement through extensive knowledge of anatomical structure of the body
- Utilize vocal and visual cues to explain movement patterns, convey material, and explore modifications/advancements to Classical Pilates exercises

Plank Hamilton, Hamilton, NY

January 2024 – June 2024

Group Fitness Instructor – Barre Burn, Power Barre, Barre Box, Full Body Sculpt, Mat Pilates, Cardio Flow, Bootycamp

- Instruct clients (adults, aged 20-60) by crafting individualized and diverse classes combining strength training, cardio, and functional fitness with use of the Classical Pilates system exercises alongside Barre Intensity & Barre Above curriculum/methodology; create original content for numerous class formats

Mohawk Valley Community College, Utica, NY

January 2024 – March 2024

Group Fitness Instructor – Cardio Flow

- Execute Pilates and yoga-based movements, explicitly detailing correct alignment/form through both verbal and physical instruction, provide clients with adjustments to correct their posture/positioning via vocal cueing
- Curate playlists and produce dance and fitness fusion classes following 14 styles of ballroom dances as outlined and in LaBlast Fitness trainings/continuing education

YMCA of the Greater Tri-Valley, Oneida, NY

July 2023 – October 2023

Group Fitness Instructor – Cardio Flow, Power Barre

Hero Fitness & Health, Buffalo, NY

September 2020 – May 2021

Group Fitness Instructor – Power Barre, PiYo, Cardio Flow

Body By Design Group Fitness, New York Mills, NY

May 2019 – October 2020

Group Fitness Instructor – PiYo, Power Barre, LaBlast Fitness

- Conducted classes both in person and virtually, providing group/individualized feedback to all clients (ages 20-60)
- Formulated weekly classes inspired by rounds prepared by Beachbody, incorporated yoga and mat Pilates
- Cued clients with position/step names, gave directional cues as to where different body parts should be facing/located, focused on tempo and timing of music, provided hands-on and verbal feedback
- Demonstrated ballroom dance steps by previewing steps, created choreography with fitness-inspired movements

Studio 55 Group Fitness, Yorkville, NY

March 2018 – May 2019

Group Fitness Instructor – PiYo

- Guided classes developed with use of rounds distributed by Beachbody, mirrored movement to clients while providing individual feedback and cueing, demonstrating exercises, and verbally articulating proper alignment/form

COLLEGIATE FACULTY APPOINTMENT

Hamilton College, Clinton, NY

August 2021 – June 2023

Lecturer in Dance & Movement Studies, Choreographer

- Developed curriculum for ballet-centric courses: Intermediate Ballet, Intermediate Pointe & Classical Variations, Elementary Ballet, Pre-Pointe & Elementary Pointe, Advanced Classical Ballet & Pointe independent study
- Technical balletic instruction of students at beginner/intermediate/advanced levels with integration of pointework, variations, partnering, choreography, Pilates, anatomy & kinesthetic principles; demonstrated movements/alignment
- Crafted and graded written assignments, quizzes, and exams incorporating ballet terminology/vocabulary, focused analysis of relevant readings/videos of repertoire, and dance history
- Created, set, and rehearsed original choreography for annual fall and spring dance concerts featuring student dancers
- Collaborated with class pianist, produced departmental social media marketing material

DANCE EDUCATION

Central New York Academy of Dance, Rome, NY

September 2023 – Present

Permanent Guest Instructor – Ballet, Pointe, Conditioning & Variations

Ballet Arts of Central New York, Clark Mills, NY

March 2014 – December 2022

Ballet, Pointe, Conditioning & Variations Instructor

- Utilized extensive knowledge of Royal Academy of Dance (RAD) technique/syllabus to teach students aged 4-18 across varying levels, prepare students for annual RAD examinations
- Established/instructed cross-training content tailored to dancers, featuring Ballerinas with Biceps original programming
- Coached students in preparation for Youth American Grand Prix (YAGP), focusing on use of technique, artistry, and musicality in classical variations for elementary, intermediate, and advanced dancers; set contemporary ballet ensemble piece, to perform in the February 2023 competition
- Served as rehearsal assistant for Mohawk Valley Performing Arts, a nonprofit pre-professional student company

Star Performance Dance Centre, Vernon, NY

July 2018 – June 2022

Ballet, Progressing Ballet Technique & Conditioning Instructor, Personal Trainer, Choreographer

- Conditioned dancers with use of Progressing Ballet Technique curriculum; explicated physical musculature, alignment, and kinesthetics to dancers along full developmental timeline
- Provided weekly one-on-one and small group training sessions with students, focusing on integration of fitness and balletic principles/concepts
- Instructed both group (up to 18 students) and one-on-one lessons in a studio setting across multiple levels, developed original choreography, guided students in preparation for YAGP performances

Dance Centre North, Mattydale, NY

August 2019 – December 2021

Ballet & Pointe Instructor, Choreographer

- Coordinated technical combinations with the use of RAD, Vaganova, and ABT techniques, created daily lesson plans/class outlines, produced study materials for dancers' further instruction (i.e. study guides of terminology)
- Taught group classes to intermediate and advanced-level students (aged 11-19) of both genders, including pointe work
- Conveyed material with both vocal and physical demonstrations, provided hands-on and verbal critique

Tiffany's School of Dance & Performing Arts Center, Skaneateles, NY

July 2019 – December 2020

Director of Spotlight Ballet Company, Choreographer, Ballet & Pointe Instructor

- Choreographed original works on intermediate to advanced dancers, re-staged excerpts of classical ballets/variations
- Crafted full-length productions of *The Nutcracker* and *Cinderella*, with strong emphasis on pointe work and partnering
- Casted productions, individually ran group/one-on-one rehearsals, edited musical score(s), created props/costumes

Mary Lourdes Academy of Dance, New Hartford, NY

August 2018 – August 2019

Principal Ballet Instructor, PiYo Instructor, Choreographer

- Acted as sole ballet instructor, provided weekly group/private lessons to all enrolled students, created original works

ADMINISTRATION**Village of Manlius, Manlius, NY**

February 2024 – Present

Recreation Director

- Run Playground Program summer camp in compliance with NYS regulations, hire of camp employees (counselors, directors), provide employee trainings, correspond with parents/guardians, file paperwork for NYS
- Oversee annual fiscal budget for Parks & Recreation department, leading Recreation Advisory Board in projects to improve community parks and expand recreation-based offerings
- Develop & manage programming for children via contracts with independent instructors, local organizations, and other municipalities, scheduling of all Village facilities via online software
- Coordinate with Village employees, police & fire departments, Board of Trustees, community members
- Plan all Village-based events (i.e. Summer Concert Series, Family Formal, Easter Egg Hunt, Fishing Derbies, Trunk or Treat, Christmas Tree Lighting), collaborate with local businesses/organizations to establish diverse educational programming (Mental Health Fair, Dance in the Parks)

Syracuse City Ballet, Syracuse, NY

November 2022 – January 2023

Cast Coordinator

- Liaised between artistic staff and Professional and Junior Company members, youth cast dancers, and parents; communicate via email, phone, and in-person at weekly studio and theater rehearsals and performances
- Worked in tandem with Artistic Director, Executive Director, and Rehearsal Director to streamline scheduling, costuming, creation/modification of props; performed costume fittings and made alterations
- Coordinated with local studio owners and seamstress for costume rentals/alterations, acting on behalf of artistic staff
- Produced master cast lists, attendance sheets; managed/organized parent volunteer assignments, costuming vision specifics, makeup requirements; crafted written outlines of dancer and chaperone theater guidelines/expectations

MASTER CLASS TEACHING**Mary Lourdes Academy of Dance, New Hartford, NY**

August 2023

*Guest Ballet Instructor***Central New York Academy of Dance, Rome, NY**

August 2019 – August 2023

*Guest Ballet, Pointe, Variations & Conditioning Instructor***Essential Habits Wellness Center, Liverpool, NY**

September – October 2021

*Guest Fitness Instructor – Cardio Flow, Power Barre, LaBlast Fitness***Dance With Utica, Utica, NY**

July 2019

PiYo Instructor