

# Julia Shove

Making Moves Fitness, LLC

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## PROFESSIONAL SUMMARY

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

## EDUCATION

### **ACADEMIC EDUCATION**

**Utica University**, Utica, NY

Graduated: December 2018

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

Minors: Sociology, Gender Studies

### **DANCE EDUCATION**

**American Ballet Theatre**, New York City, NY

June 2023

ABT National Training Curriculum: Pre-Primary – Level 3

**Hamilton College**, Clinton, NY

2015 – 2019

Courses studied: Advanced Ballet, Intermediate Ballet, Performance

Training: Cecchetti Method (ABT National Teaching Curriculum) with Sandra Stanton

Vaganova Method, Royal Academy of Dance Method with Paris Wilcox

Performed advanced soloist roles in classical and contemporary ballet works choreographed by David Fernandez, Paris Wilcox & Sandra Stanton

**Ballet Arts of Central New York**, Clark Mills, NY

2002 – 2014

Training: Royal Academy of Dance Curriculum with Delia Foley, A.R.A.D. & Melissa Larish, RAD RTS

Studied: ballet technique, pointe, classical variations, classical pas de deux, character, modern technique, Pilates, Progressing Ballet Technique

Studied all RAD Syllabi through Advanced 1

Completed all RAD examinations from Primary to Intermediate, receiving “Distinction” on all exams

Began dancing at advanced level in 2009, included advanced pointework and performance

**Mohawk Valley Ballet**, Utica, NY

2006 – 2014

Performed in pre-professional student company productions under direction of artistic director, Delia Foley, A.R.A.D.

Danced advanced soloist and corps de ballet roles in *The Nutcracker*, *The Sleeping Beauty*, and original works

Worked with Artistic Director of Columbia City Ballet, William Starrett, to set and perform full-length productions

Partnered with male soloist and corps de ballet guest dancers from CCB

Works performed with CC: *Cinderella* (corps de ballet), *Don Quixote* (soloist)

## EMPLOYMENT EXPERIENCE

### **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

**Syracuse School of Dance**, Syracuse, NY June 2019 – June 2020

*Ballet & Pointe Instructor*

**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

**Dance10 Studio**, Barneveld & Clinton, NY January 2017 – June 2018

*Ballet Instructor*

## 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, PediPull, 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, Full Body Sculpt, Mat Pilates, Cardio Flow, Total Body HIIT, LaBlast*

- 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 – Full Body Sculpt, Cardio Flow, Total Body HIIT, LaBlast Fitness*

- 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

## ADMINISTRATIVE ASSISTANCE

**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 & GUEST CHOREOGRAPHY

**Mary Lourdes Academy of Dance, New Hartford, NY**

August 2023

*Guest Ballet Instructor*

**Ballet Arts of Central New York, Clark Mills, NY**

September 2022

*Guest Choreographer – YAGP 2023 Ensemble*

**Central New York Academy of Dance, Rome, NY**

August 2019 – August 2023

*Guest Ballet, Pointe, Variations & Conditioning Instructor*

**Salt City Dance Festival, Syracuse, NY**

July 2019

*Guest Choreographer*

**Dance With Utica, Utica, NY**

July 2018 – July 2019

*Guest Choreographer, PiYo Instructor*

**Kirkland Art Center, Clinton, NY**

October 2018

*Guest Ballet Instructor*

**Mohawk Valley Ballet, Utica, NY**

May 2017

*Guest Choreographer*

## **DANCE & FITNESS CERTIFICATIONS/WORKSHOPS**

Real Pilates Teacher Training Completed: May 2024  
National Academy of Sports Medicine Certified Nutrition Coach Certified: March 2023  
National Academy of Sports Medicine Certified Stretching & Flexibility Coach Certified: July 2022  
ThePointeShop Progressive Pointe Method Pointe Shoe Fitting Training & Certification Completed: January 2022  
National Academy of Sports Medicine Certified Personal Trainer Certified: July 2021  
American Council on Exercise Group Fitness Instructor Certified: November 2020

Adult First Aid/CPR/AED August 2023 – Present  
LaBlast Kids Fitness November 2023  
HIGH Fitness 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  
PiYo Live January 2018

## **PROFESSIONAL & UNDERGRADUATE PERFORMANCE EXPERIENCE**

**Central New York Academy of Dance**, Rome, NY December 2019  
*Guest Artist – Dew Drop Fairy*  
**Mohawk Valley Performing Arts**, Utica, NY December 2015 – December 2017  
*Guest Artist – Sugar Plum Fairy, Snow Queen, Fairy Godmother, Spanish Chocolate, Lilac Fairy*  
**Hamilton College**, Clinton, NY March 2017 – March 2019  
*Soloist – original faculty works*