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EMILY JEFFRIES

Height: 5'7" Hair: Blonde Eyes: Green Voice: Soprano Range: B3-F5

THEATRE/STAGE:

BROADWAY CHRISTMAS WONDERLAND/ORB THEATRE	Dancer	Dublin Worldwide Productions
CHRISTMAS ON ICE/ELDORADO SHOWROOM	Dancer	Dublin Worldwide Productions
CONTACT/LUCILLE LORTEL AWARDS	Dancer Swing	Susan Stroman, Tome' Cousin
ROCK THIS TOWN/TIMES SQUARE, NEW YEARS EVE	Dancer	Pzazz Productions
CHRISTMAS ON ICE/AVALON BALLROOM THEATRE	Dancer	Dublin Worldwide Productions
LIVING IN NEW YORK CITY/MARTINIQUE HOTEL	Dancer	Katie Walker-Henein
CABARET CABERNET/JARVIS ESTATE	Can-Can Dancer	Pzazz Productions
CINDERELLA/ PITTSBURGH PLAYHOUSE	Dance Captain/Ensemble	Tome' Cousin, Eileen Grace
RICH MAN'S FRUG/ PITTSBURGH PLAYHOUSE	Dancer Swing	The Verdon Fosse Legacy
MARGOT/GEORGE ROWLAND WHITE THEATER	Dancer	Al Blackstone
"SHARE A COKE" FLASH MOB/ HERALD SQUARE	Dancer	Coco Cola/ Ashley Klinger

RELATED EXPERIENCE:

Pittsburgh Playhouse: "Spring Awakening"	Assistant choreographer to Rocker Verastique
Point Park Summer Theater Intensive:	Dance Assistant to Eileen Grace

EDUCATION & TRAINING:

Point Park University:	Bachelor Of Fine Arts, Jazz Concentration, Business Management Minor
Rockette Fundamentals:	Dancer Development Program
Rockette Summer Intensive:	Invitational Week Dancer
Vocal Training:	Bronwyn Tarboton
Acting Training:	Paul Reynolds

ADDITIONAL INFORMATION:

Certified Personal Trainer, Group Fitness Instructor, 200-Hour Yoga Instructor, Pilates Instructor, MX4 HIIT Instructor, Core De Force Instructor (NAFC), Dance Captain Experience, Swing Experience, Advanced Partnering Experience, U.S. Passport, Driver's License, COVID 19 Vaccinated, Dance on Film, Tap, CPR Certified

Emily Jeffries

Dance Instructor and Choreographer

Emilyljeffries2001@gmail.com

740-705-2126

Passionate and driven choreographer, adjudicator, educator, and dance instructor with over 8 years of experience. Brings a unique blend of creativity and business acumen; has experience teaching ages 4 through adults in styles including ballet, jazz, theater jazz, contemporary, lyrical, strength/stretch and tap. Collaborative leader and supportive instructor, serving as a positive role model who aims to instill confidence, respect, and a strong work ethic in dancers of all ages and abilities.

Teaching Experience

Dance Instructor, Choreographer, Guest Artist / Miss Jennifer's Dance Studio (Coshocton, OH)

2017-present

- Hosts three different levels of classes in the styles of contemporary and theater jazz for their summer Guest Artist workshop
- Choreographer of award-winning solos, duets, small groups, and large groups in the styles of musical theater, lyrical, contemporary, and jazz.
- Hosts private lessons for students from ages 5-18 to focus on dancer's specific goals.

Dance Instructor, Choreographer, Guest Artist / The Academy of Dance by Lori (Pittsburgh, PA)

2022-present

- Hosts three different levels of classes in the style of jazz for their summer Guest Artist workshop
- Award-winning choreographer

Choreographer, Guest Artist / Broadway Bound Dance Centre (Columbus, OH)

Guest Artist / Extreme Dance Center (Pittsburgh, PA)

Guest Artist / Studio G Dance Center (Pittsburgh, PA)

Guest Artist / Dance Expressions by Erica (Irwin, PA)

Guest Artist / Children's Dance Factory (Philadelphia, PA)

Choreography Highlights

<i>Backstage Romance / YOU Talent Agency</i>	Client Auditions	Audition choreographer/teacher
<i>Woman / Point Park University</i>	Small Group (7)	Student Choreography Project
<i>The Cat / Point Park University</i>	Large group (10)	Senior Jazz Showcase
<i>Another love / Cambridge Dance Team</i>	Solo	Universal Dance Association
<i>The Winner Takes It All / The Academy of Dance By Lori</i>	Small Group (7)	Competition routine
<i>Trouble / Miss Jennifer's Dance Studio</i>	Small Group (6)	Competition routine
<i>All That Glitters / Miss Jennifer's Dance Studio</i>	Solo	Competition routine
<i>Photograph / Miss Jennifer's Dance Studio</i>	Solo	Competition routine
<i>She Bangs / Miss Jennifer's Dance Studio</i>	Large Group (17)	Competition routine
<i>I Am a Woman / The Academy of Dance by Lori</i>	Solo	Competition routine
<i>SOS / ID Dance Competition</i>	Students of all ages	Master Class Teacher

Related Experience

- Assistant Choreographer of *Spring Awakening* at the Pittsburgh Playhouse alongside Rocker Verastique
- Dance adjudicator (Turn It Up Dance Challenge, Nexstar, IDA, Rising Star, and Cru)

Education/ Certifications

- Point Park University: Bachelor of Fine Arts, jazz concentration
- Point Park University: Business management minor
- NAFC: group fitness, personal trainer, and pilates certificate, 200-hour yoga instructor, MX4 HIIT instructor, Beachbody's Core de Force instructor, POP Pilates instructor

Emily L. Jeffries

Group Fitness Instructor and Personal Trainer

740-705-2126 | emilyljeffries2001@gmail.com

Group Fitness Instructor, personal trainer, dance major and business minor graduate from Point Park University with the knowledge and drive to apply education and enthusiasm in supporting clients in their wellness journeys. Committed to delivering clients with fun, interactive, and addictive training routine, personalized to their specific physical and personal needs. Enjoys inspiring others to commit to long-term health and fitness goals.

Education & Certifications:

- Point Park University Bachelor of Fine Arts, jazz concentration, business management minor
- Pilates Mat Coach 1 through NAFC
- Pop Pilates
- MX4 HIIT
- 200 hour YTT through the Yoga Alliance
- CPR certified
- Beach Body Certification through "Core De Force"
- NAFC Group Fitness Certification
- NAFC Personal Trainer Certification

Teaching Experience:

- Online Personal Trainer with Trainer Joes (2023-current)
- Group Fitness Instructor of all styles at Etage Athletic Club, Pittsburgh, PA
- Group Fitness Instructor of all styles at Atlus-HPO, Pittsburgh, PA
- Group Fitness Instructor of all styles at Premiere Fitness, Coshocton, OH
- Group Fitness Instructor of all styles at EnVie Fitness Cambridge, OH
- Personal Trainer at Etage Athletic Club, Pittsburgh, PA
- Personal Trainer at YMCA, Cambridge, OH
- One-on-one Pilates Mat coaching at Pilates Sol, Pittsburgh, PA
- Outdoor Exercise and Yoga Instructor for Pittsburgh Paid Partnership
- Dance Teacher at Miss Jennifer's Dance Studio, Coshocton, OH
- Dance Teacher at The Academy of Dance By Lori, Pittsburgh, PA

Career Highlights:

- Owner, Manager, and Social Media Coordinator of EnVie Fitness Cambridge
- Yoga in the Square instructor in Downtown Pittsburgh's Market Square
- Trained under the direction of Liberty Bernal (President & Master Trainer of EnVie Fitness), and under Stacey Shriver (owner of Premiere Fitness, Coshocton, OH)
- Opened, owned, operated, managed, and head of social media for EnVie Fitness Cambridge
- Trained for Core de Force through Beach Body under the direction of Lindsey Coleman.
- Creator, owner, operator, and head of social media for Emily's Outdoor Bootcamp
- Creator, owner, operator, head of social media for Pilates at the Park, by Emily Jeffries

Expertise:

- Group Fitness, outdoor and indoor bootcamps, fitness studio ownership & management, social media marketing for gyms, online group fitness and personal training, strong customer service skills, sport-specific training, stretching & mobility, fitness through dancing