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## EMILY JEFFRIES

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

### THEATRE/STAGE:

CHRISTMAS ON ICE/ELDORADO SHOWROOM  
CONTACT/LUCILLE LORTEL AWARDS  
ROCK THIS TOWN/TIMES SQUARE, NEW YEARS EVE  
CHRISTMAS ON ICE/AVALON BALLROOM THEATRE  
LIVING IN NEW YORK CITY/MARTINIQUE HOTEL  
CABARET CABERNET/JARVIS ESTATE  
CINDERELLA/ PITTSBURGH PLAYHOUSE  
RICH MAN'S FRUG/ PITTSBURGH PLAYHOUSE  
MARGOT/GEORGE ROWLAND WHITE THEATER  
"SHARE A COKE" FLASH MOB/ HERALD SQUARE

Dancer	Dublin Worldwide Productions
Dancer Swing	Susan Stroman, Tome' Cousin
Dancer	Pzazz Productions
Dancer	Dublin Worldwide Productions
Dancer	Katie Walker-Henein
Can-Can Dancer	Pzazz Productions
Dance Captain/Ensemble	Tome' Cousin, Eileen Grace
Dancer Swing	The Verdon Fosse Legacy
Dancer	Al Blackstone
Dancer	Coco Cola/ Ashley Klinger

### RELATED EXPERIENCE:

Pittsburgh Playhouse: "Spring Awakening"  
Point Park Summer Theater Intensive:

Assistant choreographer to Rocker Verastique  
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

[Emilyjeffries2001@gmail.com](mailto:Emilyjeffries2001@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)*

## 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](mailto: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:**

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- 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:**

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- 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 Atlas-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:**

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- 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:**

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- 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