

# YOU

TALENT AGENCY

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## Emily Jeffries

**Height: 5'7"      Hair: Blonde      Eyes: Green      Voice: Soprano      Range: Bb3-F5**

### Theatre/Stage:

Contact/Lucille Lortel Awards	Dancer Swing	Susan Stroman, Tome' Cousin
Rock This Town/Times Square, New Year's Eve	Dancer	Pzazz Productions
Christmas On Ice/Avalon Ballroom Theatre	Dancer	Dublin Worldwide Prod.
Living in New York City/Martinique Hotel	Dancer	Katie Walker
Cabaret Cabernet/Jarvis Estate	Can-Can Dancer	Pzazz Productions
Cinderella/ Pittsburgh Playhouse	Dance Captain	Tome' Cousin
Rich Man's Frug/ Pittsburgh Playhouse	Dancer Swing	Verdon Fosse Legacy
Margot/George Rowland White Theater	Dancer	Al Blackstone

### 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 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 dancing, CPR Certified

# Emily Jeffries

Dance Instructor and Choreographer

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

740-705-2126

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Passionate and driven choreographer, educator, and dance instructor with over 6 years of experience. Brings a unique blend of creativity and business acumen, and has experience teaching 4-year-olds through adults in styles including ballet, jazz, theater jazz, contemporary, lyrical, strength/stretch, across-the-floor, 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

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*Dance Instructor, Choreographer, Guest Artist / Miss Jennifer's Dance Studio*  
August of 2017-present

- Hosts three different levels of classes in the styles of contemporary and theater jazz for the summer Guest Artist workshop
- Choreographed and taught a 10-12-year-old lyrical class and routine for the annual recital
- Choreographed 4 award-winning solos and 4 award-winning group routines for their competition team "Elite Dance Force"
- Hosts private lessons for students in the summer from ages 9-18 to focus on dancer's specific goals.

*Dance Instructor, Choreographer, Guest Artist / The Academy of Dance by Lori*  
July of 2022 - July 2023

- Hosts three different levels of classes in the style of jazz for their summer Guest Artist workshop
- Taught open jazz class for the senior-level dancers, ages 16-18
- Choreographed a senior level award-winning small group and award-winning senior solo

*Choreographer, Guest Artist / Broadway Bound Dance Centre*  
July of 2022-present

- Hosts three different levels of classes in the styles of contemporary, musical theater, jazz, and across-the-floor technique for their summer Guest Artist workshop
- Choreographed multiple award-winning lyrical solos for ages 15-17
- Choreographed multiple award-winning lyrical duets for ages 14-17

## Choreography Highlights

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*Walking on Air / Point Park University*

Small Group (5)

Senior Jazz Showcase

*Woman / Point Park University*

Small Group (7)

Student Choreography Project

*The Cat / Point Park University*

Large group (10)

Senior Jazz Showcase

*Praying / Miss Ohio talent winner*

Solo

Miss Ohio Pageant

## Related Experience

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- Certified dance adjudicator and competition judge (Rising Star, Cru, and ID dance competitions)
- Assistant Choreographer of *Spring Awakening* at the Pittsburgh Playhouse alongside Rocker Verastique

## Education/ Certifications

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

## 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
- MX4 HIIT
- Pop Pilates
- 200 hour YTT through the Yoga Alliance
- CPR certified
- “Core de Force” through Beachbody
- NAFC Group Fitness Certification
- NAFC Personal Training Certification

### **Teaching Experience:**

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- Online Personal Trainer with Trainer Joes (2023-current)
- Personal Trainer at TMPL Club, New York City (2024-current)
- Personal Trainer at Mid City Gym, New York City (2024-current)
- Group Fitness Instructor of all styles at Etage Athletic Club, Pittsburgh, PA (2019-2022)
- Group Fitness instructor of Pilates and Yoga at Altus-HPO, Pittsburgh, PA (2022-2023)
- Personal Trainer at Pilates Sol, Pittsburgh, PA (2022-2023)
- Group Fitness Instructor of all styles at Premiere Fitness, Coshocton, OH (2017-2019)
- Group Fitness Instructor of all styles at EnVie Fitness Cambridge, OH (2018-2019)
- Personal Trainer at Etage Athletic Club, Pittsburgh, PA (2019-2022)
- Personal Trainer at YMCA, Cambridge, OH (2021)
- Outdoor Exercise and Yoga Instructor for Pittsburgh Paid Partnership (2020-2023)

### **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)
- Trained for Core de Force through Beachbody under the direction of Lindsey Coleman.
- Creator, owner, operator, and head of social media for Emily’s Outdoor Bootcamp
- Creator, owner, operator, and 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