

RACHEL PERLMAN

Fitness Instructor, Certified Personal Trainer, Dance Instructor/Adjudicator

508-292-6096 - RachelMPerlman@gmail.com - www.RachelPerlman.com

Training/ Education:

Certifications:

National Academy of Sports Medicine (**NASM**)- Certified Personal Trainer

* NASM Certified Nutrition Coach course in progress

Pilates Mat 1- Lauren Kearns Pilates Certification- Burlington, NC

Physique 57 Group Fitness Training- NYC

B.F.A. DANCE PERFORMANCE & CHOREOGRAPHY,

Business Admin. Minor - ELON UNIVERSITY, Elon, NC (Magna Cum Laude, 2010)

Teaching Experience:

Fitness:

Physique 57 NYC Boutique Fitness Studio- Group Fitness Trainer- 9/2019-3/2020

-Taught barre-based fitness classes (beginner through advanced levels) at

Physique 57's four NYC boutique fitness studios. Known for our hands-on and "personal training in a group setting", I enjoyed commanding the room with confidence of our training technique, giving modifications and options for clients with injuries, those who were pregnant/ post-pardom, and explaining the "how, what, and why?" for exercises. I enjoyed educating clients on proper form, anatomical applications, and where they should be feeling the burn to create maximum results.

Thanks to my extensive group fitness training with P57, I quickly learn and use client's names, helping to cultivate and maintain client connections, and have much experience promoting sales on class packages, products, etc. I typically taught 3 classes in a row, 5-6 days a week, so I understand the necessity and application for teaching/ speaking stamina.

Pop-up classes:

-Personal Training/ HIIT/ Barre/ Bootcamps/ Pilates/ Dance Cardio

Dance Intensives/ Workshops/Master Classes:

- Energy National Dance Convention
- Dream Dance Challenge Master Classes
- Turn It Up Dance Challenge Conventions
- Arkansas Repertory Theatre, Little Rock, AR-Tuacahn Center for the Arts- St. George, UT
- The Palace Theatre, Manchester, NH
- Mill Mountain Theatre Conservatory
- Musical Theatre Southwest- ABQ, NM
- La Mesa Dance- Master Class- ABQ, NM
- Private and group ZOOM classes
- Shuffles & Ballet II- Little Rock, AR
- Marisa & Jaqu's Dancers- N. Little Rock
- The Dance Attic- Wake Forrest, NC
- Amber's House of Dance- Burlington, NC
- Beth Walsh Dance Centre- Centerville, MA
- Burlington Academy of Dance Arts- Burlington, NC
- The Brooks School- North Andover, MA
- Clark University- Worcester, MA - Choreo

Other Teaching Related Experience:

- Elon University- Teaching Assistant to Professor Lauren Kearns for Yoga
 - Amber's House of Dance- Burlington, NC- Regular scheduled Tap, Lyrical, Jazz classes
 - Turning Pointe Dance Center- Union, NJ Long-Term Sub for Jazz, Ballet, Acro, Lyrical
 - The Dance Source- Queens, NY Long-Term Sub for Tap
 - Holland America Line-M/S Amsterdam Ship- Basic ballroom styles for guests
 - Dance Captain/ Associate Choreographer Experience
 - Busch Gardens Williamsburg- Elon, NC- Audition Instructor
 - Dance Olympus Convention- Touring Teaching Assistant/Demonstrator for convention faculty
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Adjudicator/Competition Judging/Competition Assistant Director Experience:

- Impact Dance Adjudicators Member- Company of Pre-Screened, Highly Qualified Judges
- Adjudicator for Turn It Up Dance Challenge National & Regional Competitions, 2014-Present
- Adjudicator for: Dream Dance Challenge, Inferno Dance, Spirit of Dance, Excel Dance, True Dance Challenge, Impact Dance Virtual Competition
- Dance Olympus/DANCEAMERICA Regional Asst. Director – Regional/ Summer Tours

Sales Experience:

lululemon 5th Ave Flagship Store ~ Winter 2018

Worked as a seasonal lululemon educator in the highest volume flagship store on 5th Ave during the busiest time of year; Christmas season! I thoroughly enjoyed educating and speaking with our guests from all over the world on the fit, function, fabrics, and features of lululemon's high quality products, and providing them with positive, memorable experiences that helped to create customers for life.

Marquee Merchandise, NYC- Fall 2016 ~ Worked as a sales associate for merchandise counters and concessions/bars at Broadway and Off-Broadway shows including the WestSide Theatre (Cagney), Studio 54 Theatre (Holiday Inn), and the Roundabout Theatre's American Airlines Theatre (The Cherry Orchard), and The Walter Kerr Theatre (The Falsettos).

TheatreMAMA- Promoter for Broadway Shows (Chicago, Pippin, Around the World in 80 Days, Mamma Mia) in Times Square, NYC- February 2013- 2015
~Handing out flyers, flash mob dancing, and promoting Broadway shows in Times Square

References:

Ashlea Potts Beilis- Physique 57 Head of Training 1-704-609-1416
Anna Kimmel- Arkansas Rep Theatre Education Head- 1-404-697-2385
Rachel Teem- The Dance Attic- 919-389-4963
Wanda Percice- The Dance Attic- 1-919-612-2079
Amber McKirgan - Amber's House of Dance- 336-269-2455
Tracy Swangin- Amber's House of Dance- 336-906-9111
Melissa Burns- Turn It Up Dance Challenge- 508-633-5202

