

# RACHEL PERLMAN

*Fitness Instructor, Certified Personal Trainer, Dance Instructor/Adjudicator*

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

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## **Training/ Education:**

### **Certifications:**

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

National Academy of Sports Medicine (NASM) Certified Nutrition Coach

Physique 57 Group Fitness Training- NYC

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

**B.F.A. DANCE PERFORMANCE & CHOREOGRAPHY,**

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

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## **Teaching Experience:**

### **Fitness:**

**F45 Northeast Heights (Albuquerque, NM)- Coach- 9/2020- Present**

-Coaching and leading this world-wide phenomena of group fitness, a HIIT Resistance and Cardio based workout involving a plethora of modalities and formats that keep the members engaged, excited, and progressing toward their goals with every workout. I am passionate about providing "personal training in a group fitness setting", using my knowledge as a NASM CPT and avid weight-lifter, and enjoy creating connections and assisting our members in safely and effectively reaching their personal bests and working toward goals every session.

I am also responsible for up-keeping studio appearances and cleanliness (including during COVID-19 re-opening procedures), as well as setting up the room and equipment for the following day's workout. I am comfortable lifting the heavy weights, kettle bells, Revo bars, rowing machines, bikes, etc. I thoroughly enjoy being a team player and working with another Coach during times of co-coaching, as well!

**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
  - ZOOM Classes (1-2 weekly through COVID)- HIIT, Sculpt and Dance
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### **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

