

LICENSES AND CREDENTIALS:

- AFAA Group Fitness Certification for Life
- MixxedFit Licensed for Life
- Current Active CPR Trained Card Holder (All Ages)
- Skills: Choreography, Strength, Technique and Flexibility Training
- Styles of Dance: Jazz, Ballet, Hip Hop, Modern Contemporary, Lyrical, Storytelling, Creative Movement, Body Empowerment through Dance, Improv & more

EXPERIENCE:

- **DANCE WITH TYLER FOSSE, GROUP AND INDIVIDUAL LESSONS (2018 - Present)**
Dance with Tyler Fosse: Northern CA

Dance teacher and creative artistic collaborator in Northern California, offering group lessons and private instruction. Instructor and organizer for youth dance camps, masterclasses with world-renowned artists, and to-hire choreographer for various projects and productions.

- **DANCE FITNESS INSTRUCTOR (2025 - Present)**

The Bar: Fort Bragg, CA

Group dance fitness instructor, offering various classes through The Bar for gym members.

- **JAZZ DANCE INSTRUCTOR (2025 - Present)**

The Mendocino Ballet: Ukiah, CA

Guest instructor, teaching Broadway jazz, musical theater jazz, and basic jazz dance technique.

- **CREATIVE MOVEMENT DANCE INSTRUCTOR (2025 - Present)**

Mendocino Dance Project: Fort Bragg, CA

Dance instructor for children in public schools, teaching basic concepts of creative movement in Fort Bragg and Anderson Valley school districts.

- **DANCE FITNESS INSTRUCTOR (2024 - Present)**

Mendocino Coast Recreation and Parks District: Fort Bragg, CA

Dance fitness instructor teaching Barre, Toning, Mixxedfit, Kids Hip Hop and More.

- **CHOREOGRAPHER AND DANCE INSTRUCTOR (2023 - 2024)**

Gloriana Studios: Fort Bragg, CA

Dance instructor teaching toning and dance classes for all ages and levels of experience, co-director of the Gloriana Dance Company.

- **DANCE FITNESS INSTRUCTOR (2022 - 2023)**

C.V. Starr Community Center: Fort Bragg, CA

Group fitness instructor leading dance and toning fitness classes for all ages and levels of fitness.

- **DANCE FITNESS INSTRUCTOR (2018 - 2020)**

YMCA of North Austin: Austin, TX

Group fitness instructor, leading group fitness dance classes across the city of Austin.

Additional previous dance and fitness experience prior to 2018 provided upon request