



Megan Dillon

Certified Personal Trainer

I am a Professional Dancer and CPT with a passion for Education and Fitness. My mission is to share my love for movement and the positivity it brings with as many people as possible.



www.megandillon.com



use contact form

Work Experience

Royal Caribbean Productions | Aug. 2019 - June 2022

Dancer / Vocalist

- Performed two different shows four nights a week for thousands of international audience members
- Upheld the ROYAL brand standard: Friendly, Passionate, and Committed, amongst crew members and guests
- With a deep understanding of Maritime Law and Safety provided safety instruction to 200+ guests a cruise

Orange Theory Fitness | September 2020 - July 2021

Fitness Coach / Social Media Manager

- Had a functional understanding of heart-rate based training
- Deeply understood Treadmill, Row, and Weight Floor technique, mechanics, and safety protocols
- Ability to lead up to 45 members safely through an effective 60 minute workout with proper form and enthusiasm
- Grew knowledge continuously with monthly seminars
- Posted 3x daily on OTF Middletown's social media increasing engagement by 20%
- Average Intro closing rate of 85%
- Average class capacity fill of 87%
- Locations: OTF Shrewsbury Plaza and Middletown, NJ

Physique 57 | January 2019 - August 2019

Barre Instructor

- Created fun, safe, and exciting workouts of various intensity weekly
- Created upbeat and high-energy playlists with proper tempo for workout
- Demonstrated a deep understanding of safe exercise form for clients to train the proper muscles and minimize injury
- Engaged with clients by answering to questions and concerns regarding injury and pregnancy
- Provided motivation for clients to achieve their goals

Education and Training

Penn State University | Expected Graduation Aug. 2023

Major in Business Marketing

Minor in Entrepreneurship

Dance Training

- *The Rock School for Dance Education (Philadelphia, PA)*
- *Miami City Ballet School (Miami, FL)*
- *Cary Ballet Conservatory (Cary, NC)*
- *Chautauqua School of Dance (Chautauqua, NY)*
- *Pacific Northwest Ballet School (Seattle, WA)*
- *School of American Ballet (New York, NY)*
- *The Academy of Dance Arts (Red Bank, NJ)*

Certifications and Skills

- NASM Certified Personal Trainer, OTFit Certification
- Trained in Barre, Pre/Post-Natal Exercise, Injury Prevention
- Adult, Child, Infant CPR/AED Certified (American Red Cross)
- Professional Dancer with Colorado Ballet, Ballet Met Columbus, Charlotte Ballet
- Experience teaching Ballet, Variations, Pointe, Choreography, Conditioning, Stretch, Contemporary, Jazz, Musical Theatre, Creative Movement
- Dance Photographer and Videographer with music and video editing capabilities
- Proficient in Canva, Microsoft Word, Excel, PowerPoint and Google equivalent
- Award-winning Body Building Competition Choreographer
- Self Motivated, Goal Oriented Team Player, Stress and Time Management Ability, Compassionate Educator

References

JP Christensen

Manager of Artistic Integrity
Royal Caribbean Productions
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Julianne Colaprico

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Alicia Wehl

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