

PROFESSIONAL PROFILE

I believe in offering a safe, effective, efficient (and fun) health and wellness program. In 2009, I created, and started teaching, YoLarates™- the first barre class in Cheshire, CT. Bare Barre™ was conceived by me in 2025, focusing on barre basics, starting from the feet up. My focus is on barre fitness and being an expert in this field. I am the founder and President of the non-profit Barre Fitness Alliance for the barre industry.

EDUCATION

BARE® Workout Instructor Certification	2025
The Stretch Center Assisted Stretching Certification	2025
Callanetics® Licensed Callanetics® Instructor	2025
BarreAmped® Fundamentals of Barre, Spine & Core Anatomy, Barre Certified by BarreAmped® Level 1 Level 2 Trained, Certified by BarreAmped® Bounce Level 1 & Level 2	2025
The Dailey Method Foundations of Barre, Teacher Collective L1 Training Course	2023
Physique 57 Barre Academy Basic Barre Fundamentals certified	2023
BASE Method Barre Training Program BASE Method trained barre instructor	2022
American Barre Technique (ABT) Certified Barre Instructor, Certified Floor Barre Stretch Instructor	2021
JumpSport Fitness JumpSport Fitness Trampoline Credentialed Instructor	2021
Fit Pro Programming Barre Above Certified Barre Instructor, Level 2 Instructor, Musicality Method, The Recovery Barre	2020, 2021, 2025, 2026
theLONDONmethod Certified Barre Instructor	2020
Barre Intensity Certified Barre Instructor	2020
SCW Fitness Aqua Barre Certificate	2020
CoreBarreFit (through Barre Intensity) Barre Exercise Intensive, Part 1	2020
Barre & Soul Academy (formerly Barre Guild Academy) Certified Barre Teacher, Pure Lotte, Mini Loop Band	2020,2022
YogaRenew Teacher Training 200-hour Yoga Teacher Training Certification	2019
Vaganova Syllabus Preparatory Ballet Teacher	2018
Progressing Ballet Technique (PBT) Certified & Licensed Teacher	2018
Ballerobica® Certified Barre Instructor	2018

American Sports & Fitness Association (ASFA) Ballet Fitness Instructor	2017
American Fitness Professionals & Associates (AFPA) Certified Holistic Nutritionist, Certified Pilates Instructor (Mat)	2016,2019
International Ballet Barre Fitness Association (IBBFA) Certified Barre Instructor, Levels 1-3, Special Populations, Prenatal Master Barre Instructor	2015-2017
Aquatic Exercise Association (AEA) Aquatic Fitness Professional	2014
American Senior Fitness Association Senior Personal Trainer	2013
SilverSneakers® Fitness Program Muscular Strength & Range of Movement (MSROM) Foundations, BOOM Mind, Splash, Classic	2013,2018,2026
American Council on Exercise (ACE) Certified Personal Trainer, Group Fitness Instructor, Biomechanics of Assisted Stretching	2012,2017,2024
Zumba® Fitness Licensed Instructor (Basics 1 & 2, Gold, Aqua, & Toning)	2011,2012,2013
Aerobics and Fitness Association of America (AFAA) Group Exercise Instructor Certification; Practical Pilates™; Golden Hearts™, Jillian Michaels BODYSHRED™	2010-2013
First Aid/CPR/AED Certification	2010-current
National Exercise and Sports Trainers Association (NESTA) Sport Yoga Instructor; Lifestyle & Weight Management Specialist	2009
ALBERTUS MAGNUS COLLEGE, New Haven, CT <u>Associate of Arts</u> in Liberal Arts, Business Administration concentration	1994

EXPERIENCE

City of Port Saint Lucie Recreation Instructor - Specialty Programs & Fitness Assistant	2025-current
Super Heat Fitness Fitness Coach	2025-current
Fox Rehab Fitness Specialist	2023-current
Barre Fitness Alliance, Inc President	2022-current
The BOG- Barre Over the Garage/Barre On the Go, Cheshire, CT/PSL, FL Owner & Barre Teacher	2020-current
YoLarates™ Teacher Training IBBFA & ACE Continuing Education Workshop content creator/presenter	2020
BE Here Now Yoga & Fitness Studios, Cheshire, CT Barre Instructor	2018-2021
IBBFA, International Ballet Barre Fitness Association, Mesa, AZ Master Barre Instructor	2017-2021
Wallingford Senior Center, Wallingford, CT Zumba® Gold Instructor	2013-2016
Prospect Senior Center, Prospect, CT Zumba® Gold Instructor	2012-2018
Cheshire Senior Center, Cheshire, CT Zumba® Gold & YoLarates™ Instructor	2012-2019

SKILLS

Yoga (200-hr RYT), Pilates, Ballet, Barre (500-hr RBT), Boomers & Beyond™, YoLarates™, Zumba®, exhiLarate™ Cardio Core, BarreSlim, Ballerobica®, Progressing Ballet Technique, Personal Training, Fitness2Music Musicality Method, Aqua Fitness, Senior Fitness, Trampoline/Rebounding, American barre, Lotte Berk, Callanetics®, Assisted Stretching, Bare Barre™

PUBLICATIONS

Bare Barre™ Back to Barre Basics	2025
It's a Barre Class, Not Swan Lake: How to Plan Your Barre Classes	2024
YoLarates™ Teacher Training Course Manual	2019
Pulse: Keep the Beat of Youth	2015
The exhiLarate 10-steps to a Healthier- and Happier- You	2014
Just a Good Cook.... and you can be one, too Recipes from Lara's Kitchen	2012