



Erin Puskar

Fitness Trainer. Educator. Performer. Administrator.
Certified Personal Trainer & Sports Nutrition Coach
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 erinpuskar.com

Fitness

- April '23-Pres. **Group Fitness Instructor**, Equinox Fitness (*Various Locations, Manhattan, NY*)
- Jan '23-Pres. **Coach**, Orangetheory Fitness (*Upper East Side, Manhattan, NY*)
- May '21-Nov '22 **Coach/Membership Advisor**, Orangetheory Fitness (*Allentown, PA/Easton, PA/Tuckahoe, NY*)
- Led group heart-rate based classes involving coaching treadmill, rowers, and floor groups simultaneously
- Jun '20-Pres. **Founder/CEO/Personal and Group Fitness Trainer**, ShowBlzFit Training (*Allentown, PA*)
- Launched a business dedicated to cross-training current and aspiring performing arts professionals
- Sep - Nov '19 **Youth Fitness/Dance Instructor**, FunFit Kids (*New York City, NY*)
- Aug - Oct '17 **Studio Coordinator**, Flywheel Sports (*New York City, NY*)

Education/Administration

- Jul '20-Aug '23 **Dance Instructor**, Ballet Guild of the Lehigh Valley (*Bethlehem, PA – Between performing contracts*)
- Pre-Professional Jazz, Ballet
- Sep '17-July '23 **Dance Instructor**, Studio West Dance Centre (*Allentown, PA—Between performing contracts*)
- Kinder Dance, Tap, Jazz, Ballet, Contemporary/Lyrical, Jr/Sr. Company, Private Lessons, Social Dance
- Aug '20-May '21 **Adjunct Faculty, Jazz Dance**, Cedar Crest College (*Allentown, PA*)
- Designed and led in-studio course; directed, choreographed, produced, and edited a screen dance film
- Jan '19-Mar '20 **Private School Substitute Teacher**, Manhattan Staffing (*New York City, NY*)
- Oct '19- Jan '21 **ESL Online Instructor**, VIPKid (*Remote, Based out of Beijing, China*)
- Oct-June '17 **Long-Term Substitute Art Teacher**, St Joseph the Worker School (*Allentown, PA*)
- Sep-June '17 **Dance Instructor**, Studio West Dance Centre (*Allentown, PA*)
- Kinder Dance, Tap, Jazz, Ballet, Advanced Contemporary, Junior and Senior Company, Private Lessons, Social Dance
- June-Aug '16. **Artisan-in-Residence**, Shenandoah Valley Discovery Museum (*Winchester, VA*)
- Taught weekly and weekend dance programs, incorporate concepts of body, energy space, and time
 - Introduced museum guests to the basics of creative movement, ballet, tap, and jazz dance
 - Organized a flash mob to be performed at the museum
 - Choreographed a 15-minute family-friendly work to be premiered at a performance and workshop at the museum
 - Collaborated with acoustic guitar player Jimmy Smith
- June-Aug '16 **Choreographer, Junior and Senior Musical Theatre Academy**, "Honk Jr.", "Elf Jr." Artistic Endeavors (*Inwood, WV*)
- May-Aug '16 **Ballroom Dance Instructor**, Social Graces Ballroom Studio (*Berryville, VA*)
- Received ballroom dance training from DVIDA syllabus
 - Taught private and group ballroom dance lessons and hosted themed dance parties
- Sep '15-'16 **Jazz/Tap Dance Instructor**, Shenandoah Conservatory Arts Academy (*Winchester, VA*)
- May-Aug 15 **Teaching Assistant and Administrative Intern**, Youth Dance Program, Hubbard Street Dance Chicago (*Chicago, IL*)
- Assisted former Hubbard Street dancers Sarah Fuller, Julia Wollrab, and Meredith Dincolo with summer dance intensives
 - Demonstrated and taught in ballet, jazz, modern, creative movement, hip-hop, and dance-art-drama camps
 - Helped with school outreach field trip and Youth Dance Program's end-of-year showcase
 - Built curriculum and studied current Hubbard Street public school (CPS) and private curriculum

- Learned about Hubbard Street's Adaptive Dance Program for those with autism and Parkinson's disease
- Answered phones and responded to parent questions and registered students for camps
- Set up and break down for end-of-camp showcases; created iMovies for each showcase

Performance

- Nov '22 – Dec '22 **Dublin Worldwide Productions**, Santa's Christmas Wonderland (*Reno, NV*)
- Oct '17- Feb '22 **Norwegian Cruise Line**, Singer-Dancer-Actress (*based out of Miami, FL*)
- Completed 3, 6-month contracts on the Norwegian Joy, Norwegian Star, and Norwegian Bliss
- Nov-Dec '19. **RWS Entertainment Group, Kings Island Winterfest**, Singer-Dancer (*Mason, OH*)
- Jun-Aug '17-'19 **Shenandoah Summer Music Theatre**, Actor/Dance Captain* (*Winchester, VA*)
- Rehearsed for/performed in 3 full productions each summer: *Oklahoma!*, *Beauty and the Beast*, *Hairspray*, *Newsies*, *West Side Story*, *Mamma Mia!*, *Ragtime*, *Young Frankenstein*, *The Sound of Music*
- June 2016 **Invisible Wings Dance Project Performance**, "Padlock", Ragebox Dance Center (*Harford, MD*)
- Part of DANCEsynthesis showcase
 - Director and choreographer: Shenandoah University alumni Lauren Carnesi, company's mission to raise awareness for lupus
- 2011-15 **Shenandoah Dance and Musical Theatre Ensemble**, Shenandoah Conservatory (*Winchester, VA*)
- Modern, jazz, tap, and ballet dance repertoire, featured in 16 main stage productions:
-Faculty choreographers: Erica Helm, Linda Miller, Tiffanie Carson, Ting-Yu Chen, Maurice Fraga, Bob Boross
-Guest Choreographers: Jon Lehrer (LehrerDance). Mike Esperanza (Bare Dance), Katie Vickers, Wei Chen
 - Featured dancer and ensemble in 2 main stage musicals: *All Shook Up*, *American Idiot*
-Director: Jonathan Flom
- 2012-17 **Dance Intensives/Workshops**
- Balettakademien two-week exchange (*Gothenburg, Sweden*); Alejandro Cerrudo Repertoire Workshop (*Chicago, IL*); Christopher K. Morgan & Artists Winter Intensive (*Rockville, MD*); Tuscan Summer Dance Intensive (*Livorno, Italy*); Amalgamate Dance Company Contemporary Workshop (*New York City, NY*); American College Dance Festival, James Madison University (*Harrisonburg, VA*)

Higher Education

- May 2016 **Master of Science, Performing Arts Leadership and Management**, Shenandoah University (*Winchester, VA*)
- May 2015 **Bachelor of Fine Arts, Dance Education**, Shenandoah University Conservatory (*Winchester, VA*) * Summa Cum Laude
- K-12 dance teaching certification
 - Field experience and student teaching practicum (elementary and secondary)
 - Capstone project to create and produce a main stage dance production, choreographed group and solo work

Honors & Scholarship

- 2016 **Omicron Delta Kappa National Leadership Honor Society**
- 2015-16 **Dr. Harry Benedict Fellowship for Graduate Studies**, Alpha Chi Scholarship Society
- 2015-16 **David Edelman Arts Management Award; Outstanding Senior Award; Dean's Undergraduate Award; Dance Educator Award; Terpsichore Award; Who's Who Among American Colleges and Universities**, Shenandoah University/Conservatory (*Winchester, VA*)
- 2015 **Alpha Chi National College Honor Scholarship Society** (Top 10% of Shenandoah University students based on GPA)
- Solo dance piece "Delusions of Grandeur" presented at 2015 national convention "Harmonious Hemispheres" (*Chicago, IL*)
- 2012-15 **Robyn H. Schroth Dance Education Scholarship**, Shenandoah Conservatory (*Winchester, VA*)
- 2013 **Global Citizenship Project: Nepal**
- Performed en pointe and gave mini dance lessons for Nepali youth

Skills & Certifications

Office Skills: Microsoft Office Suite, PowerPoint, Prezi, GarageBand, iMovie, Google Apps, Thriva/Active, MindBody

Additional: Certified Personal Trainer/Sports Nutrition Coach (National Academy of Sports Medicine), Curriculum-Building and Lesson-Planning, Technical Theatre Experience, CPR/AED and First Aid Certified