**Carina Resume**

Mini Bio

The fitness industry is a line of work that I have been privy to for quite some time. I began my professional career as an aerial dance instructor, performer, and choreographer for Mountain Air Dance, and have built a strong foundation for a broad understanding of fitness modalities - from

dance to martial arts, tumbling, and circus training.

I’ve taught members of different age groups, neurological abilities, racial backgrounds, genders, and skill sets. My experience allows me to meet the needs of diverse demographics.

On top of having an extensive teaching background, my performance background is also very full. Because of this, I am able to help students think creatively and artistically while following pedagogy.

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References

Kelsey Aicher: Circus Scorpius

(503)-310-0196 kelsey@circusscorpius.com

Cathy Werner: Mountain Air Dance

(406)-595-0909 cathy@mountainairdance.org

Paul Gomex: 406 Cirque

(406)-457-2513 406cirque@gmail.com

Doug Stewert: CirqueUs

info@thecirqueus.com

Education

* Personal trainer certification from NASM
* AED/CPR certified
* New England Center for Circus Arts professional training program
* Understudy Program at Mountain Air Dance through Cathy Werner
* Level one and two beginner/intermediate mixed apparatus teacher training through MASC studio
* Adaptive Circus Training for neurodiverse Students
* Third year Kinesiology student

Previous work experience

Boston Circus Guild: March 2022 – Present

* Partner acrobatics performer

Commonwealth Circus Center: July 2023 - Present

* Instructor and performer

Kansas City Aerial Arts: November 2022 - May 2023

Aerial instructor

* Instructed group and private lessons
* Choreographed and curated acts

CirqueS.: November 2022 - May 2023

Circus instructor

* Developed partner acrobatic curriculum
* Choreographed for student shows
* Incorporated key aspects of healthy workouts into each class structure

406 Cirque: 2021 - Present (seasonal)

* Developed curriculum
* Choreographed
* Lead conditioning and stretch classes

Cirque Us: September tour 2022

* One Man’s Trash

Mountain Air Dance: January 2016 to the present

Aerial dance instructor, choreographer, and performer

* Class instructed class and framed coursework
* Performed and choreographed

Aris Solutions: November 2020 - May 2022

In home aid for Bonnie Waker

* Communicated between client and agency
* Aided in transfers and household/individual maintenance

Vermont Inn Pizza: October 2020 - May 2022

Customer Service

* Worked front of house

Arbor Care: May to August 2018

Trained arborist in Bozeman, MT

* Communicated with customers to guarantee desired care
* Maintained health of trees
* Provided aesthetic amendments to vegetation on property

Freelance Landscaper: 2014 - 2020

Owner of my own landscaping company

* Attracted and mained clients
* Managed my own schedule
* Occasionally directed other people to work for me

India Masala House: July 2019 to March 2020

Customer service

* Avidly learn unusual names and ingredients for delectable Indian dishes
* Food prep
* Trained new waitresses

Qualities

* Adaptable and self motivated
* Good team member
* Works well in fast paced environments
* Leader and organizer/good under pressure
* Attentive to detail and aesthetic
* Good at cultivating a positive atmosphere
* Well trained and versed in multiple fitness training methods and industries