



## PRIVATE COACHING OPTIONS

*Invest in Yourself!*

Let's focus on your personal goals and customize a program that works for you. I offer in studio and/or virtual coaching.

Book a free 15 minute consultation with me via phone call.

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### PILATES

Pilates is a full body method that integrates the mind and body. I am certified to teach various pilates formats on the following apparatus': mat, reformer, cadillac, barrel, EXO chair, and spring board.

### DANCE TECHNIQUE

Program is centered around improving movement vocabulary, alignment, execution, and endurance

### CHOREOGRAPHY

Program will focus on improving rhythm, stylized movement, and performance skills.

Choreography styles include: Contemporary Jazz Musical Theatre Hip Hop Tap Ballroom (swing and cha cha)