

Cassandra Tumaszc

Dancer/Singer/Actress, Dance Teacher, Choreographer, Fitness Instructor
cmtumaszc@gmail.com - CassandraTumaszc.com

Work Experience

- PHYSIQUE 57 — Group Exercise Instructor — New York, NY (2019-2020)
- Led group fitness barre classes that were fun, empowering, energizing, and level-appropriate
 - Demonstrated and cued all exercises, memorized and utilized clients' names, inspired throughout class, and utilized hands-on adjustments to ensure proper technique and anatomical safety
 - Developed creative choreography that challenges and playlists that motivate and uplift
- ELON UNIVERSITY — Yoga Teaching Assistant — Elon, NC (2017)
- Demonstrated yoga poses for a college course comprised of student athletes
 - Gave corrections and hands-on adjustments to students as needed to maintain proper form
- PERFORMING ARTS PHYSICAL THERAPY — Intern — Los Angeles, CA (2016)
- Demonstrated and guided patients through prescribed Pilates exercises on the Pilates Reformer
 - Assisted pool therapy classes and supervised patients with physical disabilities
- CENTRAL PARK ICE — Ballet Instructor — New York, NY (2019-present)
- Prepare and teach ballet classes to ice skaters ages 10-18 years old to develop the proper grace, confidence, and strength needed to move on ice
- DEBRA SPARKS DANCE WORKS — Dance Teacher and Choreographer — Newtown, PA (2013-present)
- Organize and instruct dance classes in a variety of styles to 1-60 students ages 3-18 years old
 - Create and teach choreographic pieces that are performed at various showcases and competitions
- LEAPS N' BOUNDERS — Gymnastics Instructor — Feasterville-Trevoze and Jamison, PA (2016-present)
- Guide children ages 1-7 years old through a creative warm up, stretches, and gym circuits
 - Greet each family upon arrival and departure and communicate how their child is progressing
- CENTRE STAGE ON MAIN — Dance Instructor — Gibsonville, NC (2017-2018)
- Organized fun and engaging activities and exercises for ballet, modern, acrobatics, and technique classes to children ages 5-18 years old and choreographed full-length routines for the recital
- ELLIOTT'S CLASSES — Gymnastics Instructor — New York, NY (2019)
- Teach a variety of structured gymnastics classes from levels "Mommy and Me" to Intermediate/Advanced

Education and Training

- ELON UNIVERSITY — Elon, NC (2014-2018)
- B.F.A. in Dance Performance & Choreography, B.S. in Dance Science *magna cum laude*
Honors: *Lumen Prize Scholar; Phi Kappa Phi National Honor Society; Omicron Delta Kappa National Leadership Honor Society; Delta Chi Xi Honorary Dance Fraternity, Inc.; Outstanding Senior Dance Science Major; Fulbright UK Semi-Finalist*
- ACCADEMIA EUROPEA DI FIRENZE — Semester Study Abroad Program — Florence, Italy (2017)
- BROADWAY DANCE CENTER — Professional Semester — New York, NY (Fall 2018)
- PERFECT FORM PHYSICAL THERAPY — Greensboro, NC (2017)
- Dance Teacher & Health Professional Intensive Workshop