

Natalie Ross

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**“Vitality itself is
dependent on the
absolute
coordination of
the body and
mind.”**

Certifications & Specialties

Senior Instructor of the Classical Method via Power Pilates, NYC. Complete 800+ hr certification utilizing all apparatus (Reformer, Cadillac, Tower, High Chair, Wunda Chair, Ladder Barrel, Spine Corrector, Mat, etc.)

Beginner Mat, Intermediate Mat, Advanced Mat, Super Advanced Mat certified for group instruction

Pre and Post Natal Pilates Care certified

Pilates for Senior Population certified

Mat Pilates with Weights & Props certified

Yoga Basic Principles certified (150 hrs). Expert Training, NYC.

Self-developed Yoga infused Pilates program

Self-developed Pilates for the Performing Artist program

Pilates Method Alliance Member

CPR/AED certified, American Red Cross

Bachelor of Fine Arts/Dance, Theatre & Music. University of Michigan, Ann Arbor

Experience

Freelance In-Home/In-Office Pilates Instruction (2010 – current)

- Maintain large private, semi-private and small group clientele base in and around NYC
- Customize programs for injury rehabilitation and prevention, weight loss, increased strength and flexibility, stress management, pre and post natal, etc
- Custom tailor small group classes for corporate/in-office settings, including 6 years at GOOGLE NYC
- Corporate/Community instruction for Google, Mitsubishi, NYU, JCC, EXOS, Namaste and more

Crystal Cruises – Guest Pilates Instructor, World Cruise (2015 – current)

- Guest instructor as part of the Creative Learning Institute aboard world's leading cruise line

Harvard Club of New York – Pilates Instructor & Coordinator (2012 – current)

- Develop and maintain Pilates program at HCNV

Power Pilates, NYC – Senior Pilates Instructor (2010 – 2014)

- Private and semi-private instruction with 2-4 students on various apparatus simultaneously
- Studio is world leader in Classical Pilates education

Equinox/Reebok Sports Club, NYC – Pilates Instructor (2010 – 2012)

- Among the largest and most exclusive Pilates studios in NYC
- Assisted in payroll, sales, training, and general employee & client management.

Fitness Model

- Clients include JB Berns Infomercial, Apogee Media, Leaders In Fitness

Professional Dancer/Singer/Actor – Broadway, Europe, Touring and regional companies

- Performing professionally for over 15 years, member Actors' Equity Association union

Other Skills

Strong knowledge of weight-lifting, aerobic techniques, meditation and motivational practices.

On-camera ease and experience including green-screen and teleprompter

At ease and experienced in front of large groups (500+), articulate and dynamic voice