
NATALIE BRIDGES

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PROFESSIONAL SUMMARY

Focused fitness educator certified in Yoga and Barre education for 10+ years, interested in teaching opportunities to elevate and broaden my teaching repertoire. Specializing in the technique and alignment of students while creating a challenging yet enjoyable experience. Encouraged to motivate clients towards a life with more strength, flexibility and breath.

SKILLS

- Trained in Ballet, Tap & African dance
- Focused on technique & alignment
- Rhythmic & Charismatic
- Energetic & personable
- Creative movement choreographer
- Skilled in photo shoots & fitness videos
- Private Yoga & Barre Instructor
- Certified 305 Fitness Instructor
- Equipped and knowledgeable in teaching virtual fitness classes.

WORK HISTORY

Barre & Yoga Instructor, 02/2020 to Current

Thrive Fitness & Nutrition Studio – Pelham, NY

- Motivates clients to achieve their personal fitness goals through challenging and modifying routines.
- Manages group fitness classes of up to 20 members per class.
- Cultivates positive relationships with participants by engaging and supporting the group during classes.
- Monitors client progress in group settings by assessing technique, form and providing corrections where needed.
- I create a structured and innovative fitness program to strengthen and improve flexibility.

Barre Instructor, 03/2014 to Current

Energie Barre – Larchmont, NY

- Utilizes fitness knowledge and creativity to develop a "Barre Flow" class incorporating yoga & barre.
- Teaches a curriculum that provides physical conditioning, strength training and core engagement.
- Monitors client progress by assessing technique and form.
- Raised guest retention rate for weekend group classes 60%.
- Develops barre curriculum for 3 weekly classes.

Barre Instructor, 06/2011 to 09/2017

Exhale Fitness Studio – New York City, New York

- Set up equipment, tested microphone and selected playlist specific for class curriculum.

- Provided group instruction for beginners, intermediate & advanced students.
- Focused on alignment to ensure mindful moving. and injury prevention.
- Taught and encouraged recovery stretches for post workout.
- Monitored client progress in group settings by assessing technique and form.
- Resident Barre teacher for Sweaty Betty 2013-2014.
- Managed group fitness classes of up to 30+ members.
- Modeled as a moving window mannequin for. Lululemon

Yoga Instructor, 06/2009 to 04/2016

Exhale Fitness Studio – New York City, NY

- Demonstrated breathing and meditation technique for group classes and corporate companies
- Built personal relationships with clients through personalized instruction within a group setting.
- Developed individualized instruction for senior clients and young students.
- Taught yoga for special events w/ Atletica, DKNY, Hewlett Packerd pop-up & Porche.
- Corporate yoga teacher for Viacom associates.

EDUCATION

Certified 305 Teacher : Cardio Fitness, 03/2021

305 Fitness - New York City

Barre Certification: Barre, 2011

Exhale - New York City

Yoga Certification: Vinyasa Yoga, 2009

Inside Out School of Yoga - Exhale

Bachelor of Arts: Dance And Speech Communication, 2002

Montclair State University - New Jersey