

Juliana Beladera

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WORK EXPERIENCE

The Bela Method App	Creator & Founder	Austin, TX	Jan 2022-Present
Equinox	Program Lead & Instructor	Austin, TX	Apr 2018-Present
EXOS – Samsung, Intel, Oracle	Pilates Instructor	Austin, TX	Aug 2022-Present
Hyatt	Wellness Instructor	Austin, TX	Sept 2022-Present
Austin Proper Hotel	Wellness Instructor	Austin, TX	Mar 2023-Present
Soho House	Pilates Instructor	Austin, TX	Jun 2023- Present
FP Movement Studio	Pilates Instructor	Austin, TX	Oct 2023-Present
The Peach House	Pilates Instructor	Austin, TX	Oct 2022-Present
The Houstonian Club	Group Fitness Instructor	Houston, TX	Oct 2018-July 2022

TRAINING & EDUCATION

The University of Houston <i>Bachelor of Science, Kinesiology Exercise Science</i>	Houston, TX	Jan 2019-Dec 2021
Steps on Broadway Conservatory Program <i>Certificate in Dance</i>	New York, NY	Aug 2015–June 2017
FIT, SUNY (State University of New York) <i>Associate in Applied Science, Advertising and Marketing Communications</i>	New York, NY	Aug 2012-May 2014
Boston Conservatory, Musical Theatre Dance Intensive	Boston, MA	July 2016
Rockette Summer Intensive	New York, NY	June 2016
The Lee Strasberg Theatre and Film Institute	New York, NY	August 2014
Joffrey Ballet School Summer Dance Intensive	New York, NY	July 2011
Florida State University Summer Dance Intensive	Tallahassee, FL	June 2011
Orlando Ballet School Summer Dance Intensive	Orlando, FL	June 2005–July 2005
The Rock School Summer Dance Intensive	Philadelphia, PA	June 2004
The Dance Academy of Stuart	Stuart, FL	August 1996–June 2012

SKILLS

- 25+ years of dance training and technique: Ballet, Tap, Jazz, Theatre Dance, Modern, and Contemporary
- 20+ years of performance experience
- 4+ years of acting and vocal training and technique
- 5+ years of experience teaching the following class formats: Barre, Dance, Dance Cardio, HIIT, Strength & Resistance, and Conditioning

CERTIFICATIONS

- Pilates Comprehensive with BASI Pilates
- Prenatal & Postnatal Fitness Specialist with AFPA (American Fitness Professionals and Associates)
- Group Fitness Instructor with AFAA (Athletics and Fitness Association of America)
- Zumba License
- Adult and Pediatric CPR, AED, and First Aid with American Red Cross
- Certification of completion in dance, acting, and vocal from training schools, including a 2-year professional training conservatory