

Julianna Zarzycki

Professional Experience

03/10 – 08/14: Classical Pilates Instructor, Core Pilates NYC

Private Training

Duets

Semi-Private Training (3 person classes)

Open-Level Reformer/Tower Combination

Open-Level Chair Class

Open-Level Reformer/Jumpboard

Pre/Post-Natal Mat with Props

Pre/Post-Natal Tower

Beginner, Open Level, Advanced - Mat

Beginner, Open Level, Advanced - Tower

Stronger/Longer (Mat and Tower for Senior Clients)

Experience with Special Cases, Parkinson's, MS, Osteoporosis, Osteoarthritis, Post Physical Therapy

4/12 – 8/14: Teacher Training Faculty, Core Pilates NYC

Lead Teaching Mat Certification

Lead Teaching Comprehensive Certification

Apprentice Mentor

Assistant Teaching Mat Certification

Assistance Teaching Comprehensive Certification

Demonstration Body

Certifications

CPNYC 400 hour Comprehensive Training Course

CPNYC Mat Training Course

CPNYC Certified Teacher Trainer

CPR Certified

Continuing Education

Twisted and Rotated Pelvis Workshop with Shari Berkowitz, Real Pilates NYC

MELT™ Hand and Foot Workshop, Kinected Pilates NYC

Pilates and Pregnancy Workshop with Jo D'Agostino, Core Pilates NYC

Jumpboard Workshop with Kim Villanueva, Core Pilates NYC

Xtend Barre Workshop with Kristine Storie, Xtend Barre Brooklyn Heights

Apparatuses

Full Classical System – Mat, Reformer (& Jumpboard), Cadillac, Chair, Tower, Arc Barrels, Pedi-Pull, Props

Education

BFA in Acting from Emerson College, *Magna Cum Laude*