

**Chrissy Martin**  
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A trained dancer, singer, and actor with a BFA In music and performance studies from the New College of Florida in 2010, Chrissy has performed in a broad range of media and venues, from singing in a rock band at music festivals, to performing in part of an immersive theater experience in a 20,000 square foot warehouse, to dancing on a traditional proscenium stage with a small company. She has very strong administrative and communications skills, as well as a love for teaching both children and adults. She is an experienced choral director, rehearsal director, and choreographer, with expertise in contact improvisation and structured physical/ vocal improvisation.

**Education/ Training:**

**Professional Vocal Lessons:** Whitney Young High School/ New College of Florida, 2005-09

**B.A. In Music/ Performance:** New College of Florida, 2010

**Meisner Technique:** New College Of Florida (Margaret Eginton), 2009-10

**Modern Dance Technique:** Florida Dance Festival (Karl Rogers) 2013  
Bates Dance Festival (Darrell Jones, Nancy Stark Smith), 2013

**Contact Improvisation:** Florida Dance Festival (Karl Rogers) 2013  
GLACIER Retreat, 2014  
Nancy Stark Smith January Intensive, 2016  
Chris Aiken/ Angie Hauser Workshop: 2016  
GLACIER Retreat, 2016  
Mazopalooza (KJ Holmes, Margaret Paek): 2016

**Pilates Certifications:** Power Pilates Mat Training, Dallas, TX (Rachel Liyeck-Brice), 2012  
Peak Pilates Comprehensive, Pilates Connection (Cherry Herzog), 2013

**Gyrtonic® Certifications:** Apprentice Certification, Chicago Center for Body Movement (Davi Edelbeck), 2016

**Performance Experience:**

<i>Show Title</i>	<i>Year</i>	<i>Company</i>	<i>Director</i>
Far From Equilibrium: Curiosity,Creativity, Uncertainty	2015-16	Megan Rhyme Dance	Megan Rhyme
Yolk On Tour: Elgin, IL, Berkely, CA, Puebla, Mexico	2015-16	BodyCompass Dance Projects	Sarah Gottlieb
Tones of Belonging	2015- 16	BodyCompass Dance Projects	Sarah Gottlieb

Yolk	2015	BodyCompass Dance Projects	Sarah Gottlieb
Hollerfest 2014: Music Festival	2014	NPK and the Trace Elements (Rock Concert)	Billy King
Dirty Filthy Diamonds	2014	Danielle Georgiou Dance Group	Danielle Georgiou
Bull Game	2014	Dead White Zombies (Play)	Thomas Riccio
Hollerfest 2013: Music Festival	2013	NPK and the Trace Elements (Rock Concert)	Billy King
Young Choreographers' Showcase: <i>The Grand Sextile</i>	2013	Bates Dance Festival	Chrissy Martin
Moving in the Moment: A Work in Progress	2013	Bates Dance Festival	Dahlia Nayar
Bates Dance Festival Finale	2013	Bates Dance Festival	Collaborative
Falling Upside: A Modern Dance Recovery	2013	Muscle Memory Dance Theatre	Jackie-Beth Shilicut
You Will Know When You are There: A Journey in Art and Modern Dance	2012	Muscle Memory Dance Theatre	Megan Cardwell- Wilson
“Olvido”	2011	Florida Dance Festival	Elena Garcia
Dancing Through the Eyes of Women	2011	Fuzion Dance Artists	Leymis Bolaños- Wilmott
Fuzion Dance Spring Concert	2011	Fuzion Dance Artists	Leymis Bolaños- Wilmott
John Cage's <i>Song Books</i>	2010	New Music New College	Steve Miles
Hello Dali!	2010	Fuzion Dance Artists	Leymis Bolaños- Wilmott
Living and Dead: The Gettysburg Project	2010	New Music New College	Steve Miles and Margaret Eginton

## **Work Experience/ Training**

I am an experienced hostess, receptionist, retail associate, customer service representative, Pilates instructor, and dance instructor. I am also bilingual (English and Spanish) as well as proficient in several computer applications, including MS Word, Power Point, and Excel. I have extensive resale experience including researching vintage items, appraising for online retailers, and managing visuals. I have four years of experience as a certified Pilates mat and equipment instructor.

### **Pilates Trainer at Chicago Center for Body Movement: January 2015- Present**

Supervisor: Davi Eidlebeck

Duties: Teaching group and private Pilates sessions on mat and Pilates equipment. Working with special populations such as prenatal women and people dealing with various injuries. Providing a nurturing and calm environment for adults to learn about their bodies and empower themselves through focused mind-body exercise.

### **Dance Instructor at Dancing With Class: August 2014- Present**

Supervisor: Margot Toppen

Duties: Teaching children social skills through partner dance, as either an after-school activity or during school hours around Chicago area schools. Maintaining order and moving through the dance curriculum at a steady pace. Preparing children for a dance-off competition at the end of the course, where classes get to compete with other schools.

### **Pilates Trainer at Fitness Formula Clubs Lincoln Park: September 2014- August 2015**

Supervisor: Kristin Strom

Duties: Building and maintaining a client base for private/ group lessons in all Pilates apparatus and mat work. Working with other trainers to build a community in the studio, holding special events, and teaching group exercise lessons from time to time.

### **Vintage Jewelry Lister & Inventory Manager at Bella & Chloe: October 2013- October 2014**

Supervisor: Tyler Odom

Duties: Selecting and managing inventory items to sell for the online store Bella & Chloe. Weekly meetings with my supervisor, fellow managers, and the social media team to discuss effective plans for building the business. Managing the Etsy store, including selection, customer service, and site maintenance. Creating electronic guidebooks for training new workers, as well as doing hands-on training.