

Ashley Cassetta

Education Address: 10 Bedford Ave | Brooklyn, NY | 11222 | 203-919-3912 | ashcassette98@gmail.com
Florida State University Tallahassee, FL May 2020
Bachelor of Fine Arts Major: Dance GPA 3.97/4.0

Achievements Graduated Summa Cum Laude

Professional Florida State University Dean's List 2016, 2017, 2018, 2019 and University Presidential List 2017, 2018, 2019

Present

East River Pilates

Certified Pilates Instructor

- Fully apparatus trained, and Pilates Reformer certified through Balanced Body
- Group Reformer classes and Private training
- Pre/Postnatal Certified

LDI Connect

Sales Assistant

- Assists Sales Representatives in creating, processing, tracking and fulfilling sales orders for creative clientele
- Scheduling meetings & coordinating sales representatives schedule with clientele, and internal team members
- Proficiency in Saleschain, Teams, Zoom, Microsoft Office, Adobe Creative Suite

New York Pilates

Group Reformer & Privates Instructor: Tier 3

- Training through Balanced Body

Club Pilates Fairfield

2020

Pilates Reformer Instructor

- Planning and instructing classes to Club Pilates Members
- Training through Balanced Body

Westport Chiropractic and Acupuncture

Experience *Medical Assistant*

- Assisted staff in administering various patient therapies including: electrostim, ultrasound, theralase, DRX, and recorded patient pain scales.

The Actor's Fund Career Center

2019

Intern

- Managed and created contact lists, revised contacts in salesforce, general organizing and filing of paperwork
- Event planner for the Arts Workers Resource Center

Connecticut Dance Physical Therapy

2019

Intern

- Interacted with customers by assisting physical therapists in organization, assessments, and teaching exercises
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Dance

- Professional Performing Artist specializing in ballet, contemporary, and modern dance.
 - Education and Intensive study: Florida State University BFA 2020
 - Professional Experience/ Guest Artist work
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Special Skills Highly Proficient Instructor/ Teacher with a specialization in Kinesiology & Body Mechanics. Pyropilates Certified Instructor. Fluent in English, amateur in Spanish and Italian. Diverse background of experience, creative, very organized, highly proficient in multitasking and schedule coordination, enjoys interactive/collaborative work, can easily form strong relationships with clients, adaptable, creative thinker, innovative, level headed, and quick learner, strong leadership ability, honest.

