

## **Stephanie Harvey - Bio**

I took my first dance class at the age of three and spent the majority of my childhood taking classes in various dance styles. I loved the way movement allowed me to express myself. In high school, I expanded my interests to include musical theatre, gymnastics, and cheerleading.

At age 16, I was introduced to contemporary dance at the Dance Conservatory of Pittsburgh. It was here that I came to recognize dance as an art form, not just an afterschool activity. At the conservatory, my teachers challenged me to move with intention and clarity. They showed me the importance of alignment and core strength.

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I was so fascinated by this mindful way of moving, that I decided to study modern dance in college. Like my teachers, I wanted become an artist, to push my body to its limits, to educate myself so to share my passion with others.

I was accepted to Point Park University's Conservatory of Performing Arts on scholarship. At first, the rigorous schedule of technique classes and rehearsals was a total shock to my body. I was in need of a workout that wouldn't strain my already-fatigued muscle groups or put added stress on my joints. Pilates was the answer.

I had taken Pilates classes in high school as part of my dance training, but it wasn't until college that it became a part of my "lifestyle." I began to rely on my workouts to prepare my body for a day of dancing. I loved how my Pilates routine left me feeling calm, focused, strong, and ready to conquer the day.

Within weeks of committing to a Pilates regimen, I began to notice changes in my dancing. I felt my stability improving and coming from a deeper place. My whole body felt more connected and in control as I moved through space.

My senior year of college, I decided to pursue my Pilates certification so I could share this method with others. I completed my Beginner Mat Certification with Power Pilates and continued my training with Lesley Davenport, owner of the Pilates Center of Pittsburgh. With her guidance, I gained experience teaching mat classes to the Point Park University student body. In August 2010, I earned my Intermediate Mat Certification and have been teaching happily since.

I was invited to teach at the Dance Conservatory of Pittsburgh, the place that once inspired me and I have performed professionally with their company, H2O Contemporary Dance. I have had the opportunity to study intensively with great modern companies like Doug Varone and Dancers and the Paul Taylor Dance Company and the honor of performing in works by Martha Graham and Bill T. Jones.

In January 2010, I moved to Rochester with my soon-to-be-husband, Steve. Since then, I have enjoyed dancing at the Garth Fagan Dance School and teaching Pilates Mat classes throughout the area. I also love working with kids and teach at the Fit by Five Preschool in Penfield.

I am thrilled that Melodie and Rhonda have given me the opportunity to unite my passion for dance with my knowledge of Pilates to create this unique and energizing class. I also am available for private dance instruction. Please contact me with any questions or ideas at

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