

# Meghan Greenwood: Updated October 2022

## EDUCATION:

- ACE Group Certified Fitness Instructor (2016-present)
  - CECs: Prenatal Fitness for 2; YogaFit; YogaCore; PilatesFit; Kettlebells: Mastering the Swing; Fitness Nutrition; Oh Baby! Fitness Pregnancy & Postpartum Exercise
- University of Pittsburgh, PhD in Immunology (2007- 2012)
- Pennsylvania State University, BS in Microbiology/Biochemistry (2002-2006)
- Belle Vernon Area High School (1998-2002)

## DANCE INSTRUCTION EXPERIENCE:

- BaM Choreography: Co-Owner/Choreographer
  - Previously known as Hip Hop Dance by STM. (2010-present)
- Youth Hip Hop Dance Instructor at Peters Township Recreation Center (2021-present)
- Sit and Fit Instructor at The Waters in McMurray (2021-present)
- Adult Hip Hop Dance Instructor at The Dance Loft (2021-present)
- Beginning Hip Hop Dance Instructor at Pittsburgh Ballet Theatre (Nov 2016-Aug 2020)
- Family Dance JaM Instructor at Alba Fitness & The Dance Loft (May 2016-May 2019)
- Cardio Dance Fitness Instructor at Pittsburgh Ballet Theatre (Sept-Nov 2016)
- Dance Jam Instructor at Mecka Fitness (May 2016-Aug 2016)
- BaM-Bics/Hip Hop Dance Instructor at Fullbody Fitness Club (Jan 2015-May 2016)
- Aerial Silks Teacher at Pittsburgh Dance Center (2013-2014)
- Solo Drill Team Dance Instruction (Summer 2002)
- Captain of Drill Team at Belle Vernon Area High School (2001-2002)
- Modern/Hip Hop Choreographer/Teacher at Joyce Ellis Dancers (1998-2004, 2009)

## DANCE/FITNESS TRAINING:

- Jazz (@ Steps on Broadway, Jul '22-present)
- Hip Hop (@ PMT House of Dance, Jul '22-present)
- Aerial Silks (@ Iron City Circus Arts, May '17 - present)
- Heels Dance & Heat (@ Alea Maya Dance, Dec '20-2021)
- SHOOP (@ Sterling Yoga, Dec '20-present)
- Contemporary @ Firewall Dance (June 2020)
- Street Jazz w/ Mandy Moore (April 2020)
- Commercial Hip Hop w/ Rhapsody James (April 2020)
- Modern w/ Stef Santiago (April 2020)
- Hip Hop Dance - Intermediate/Advanced @ Element Dance (2019-present)
- Hip Hop Dance - Intermediate/Advanced (@ Millennium Dance Complex, 2019)
- Vibe Dance Workshop (@ Ace Hotel, 2018-2019)
- Popping Workshop w/ Boogie Frantick (@ LevelUp Pgh, Sep '17)
- Yoga (@ Amazing Yoga, Feb '16-Mar '16)
- Advanced Hip Hop Dance (@ LevelUp Pgh, Sept '16-Dec '16)
- Aerial Silks and Lyra (@ Fullbody Fitness, Apr '14 - May '17)
- Prenatal Yoga (@ Shining Light Prenatal Education, Sept '15-Nov '15)
- Couples Prenatal Yoga (@ Shining Light Prenatal Education, Sept '15)
- CabarettFit Masters Class (@ Fullbody Fitness, Aug '15)
- Yoga 1 (@ Schoolhouse Yoga, Jun '14)
- Ballet Barre (@ Studio Pantera, Oct '13 - Dec '13)
- Basic Lyra and Trapeze (@ Pittsburgh Dance Center, Aug '13 - Sep '14)
- Ballet Barre (@ Fullbody Fitness, Dec '12)
- Hot Vinyasa Yoga (@ Moonglow Yoga, Dec '12 - Mar '13)
- Aerial Silks (@ Pittsburgh Dance Center, Aug '12 - Sep '14)
- Relay Teams, 5Ks, and 10Ks (2011-2014)

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- Jazz Dance Competition Team (@ Fire & Ice Allstars, 2011-2012)
- Hip Hop Competition Team (@ Legacy Allstars, 2010-2011)
- Hip Hop Dance by STM (Feb '10 – Feb '12)
- Hip Hop Master's Class w/ Val MsVee, Hanna Herbertson, Nu Stylz (Summer 2011)
- Hip Hop Master's Class w/ Adrian Eaton (Summer 2011)
- Hot Yoga (@ Bikram Yoga, Summer 2011)
- Hip Hop Master's Class w/ Sean Bankhead (Summer 2010)
- Hip Hop Competition Team (@ Fire & Ice Allstars, 2009-2010)
- Hip Hop Dance (@ The Dance Conservatory, Summer 2009)
- Popping Classes (@ The Dance Conservatory, Spring 2009)
- Boxing (@ Phys Ed, 2008)
- Hip Hop Dance (@ The Dance Café, Fall 2008)
- Intermediate Vinyasa Yoga (@ Amazing Yoga, 2007-2008)
- Hip Hop Dance (@ Dancespace 304, 2007-2008)
- Hip Hop Dance (@ Penn State University, Spring 2005)
- Hip Hop Dancer (@ Frost, State College, 2005-2006)
- Ballroom Dance Class (@ Penn State University, Fall 2004)
- Yoga Class (@ Penn State University, Spring 2004)
- Modern/Lyrical/Jazz/Hip Hop Training (@ Joyce Ellis Dancers, 1995-2004, 2009)
- Tap/Jazz/Ballet Training (@ Bonnie Herspold's School of Dance, 1988-1994)

### NOTABLE PERFORMANCES & CHOREOGRAPHY:

- 'Salome' Actress/Dancer for Sun King Rising Music Video "Magnolia" (July 2022)
- **'BREAK YA NECK' Dance Music Video, Pittsburgh, PA (Mar '22)**
- 'Salome' Actress/Dancer for Sun King Rising Music Video "Free Will in China Blue" (October 2021)
- **'MAKING UP FOR LOST TIME' Dance Music Video, Pittsburgh, PA (May '21)**
- **'WHAT YOU WAITING FOR?' Dance Music Video, Pittsburgh, PA (Aug '20)**
- **'CONTROVERSY' Dance Music Video, Pittsburgh, PA (Jul '19)**
- **'BODY' Dance Music Video with Penthouse Oblivion (May '19)**
- **'WHO IS IT' Dance Music Video, Canonsburg, PA (May '18)**
- Pgh BaM JaM Production @ The Glitterbox Theatre (2017-present)
- Guest Choreographer for 'The Choreography Project' w/ Exhalations Dance (Aug '17)
- 'WHEN WORLDS COLLIDE' Dance Music Video, Neville Island, PA (Oct '17)
- 'WTF' Dance Music Video, Brentwood, PA (Mar'17)
- Hip Hop Competition Teams' Choreography @ Sheriff's Allstars (2015-2016)
- Dance Music Video with Punchline (Jun '16)
- Nightmare on Hellsworth Choreography for N. Bramlett (Oct '15)
- ElectroBelly/Pgh Vegan Fest Hip Hop Performance @ Smiling Moose (May '15)
- Valentine's Showcase Performance @ Fullbody Fitness Club (Feb '15)
- 'Best of the Black & Gold', produced by BaM Choreography @ Kelly-Strayhorn Theater (Dec '14)
- Halftime Show Performance @ Pittsburgh Rangers (Jun '14)
- WAMO Days Performance @ Stage AE (Jun '14)
- Musical/Drama/Theater Choreography @ Chestnut Ridge High School (Feb '14)
- Pep Rally Hip Hop Choreography, @ Ringgold High School (Feb '14)
- Solo Hip Hop Choreography, Junior National Competition (Nov-Feb '14)
- Hip Hop Dance Flash Mob @ Pittsburgh Cultural Crawl Flash (Jul '13)
- Musical/Drama/Theater Choreography @ Chestnut Ridge High School (Mar. '13)
  
- Aerial Silks Performance @ Sewickely History Center (Sept '14)
- Aerial Silks Performance @ Little Italy Days (Aug '14)
- Audition Dance Teach @ Freedom Unspoken Dance Ensemble (Aug '14)
- Aerial Silks Performance @ Pittsburgh Cultural Crawl (Jun '14)
- Jazz Competitions (w/ Fire & Ice Allstars) (Summer 2012)

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- Hip Hop Competitions (w/ Legacy Allstars) (Summer 2011)
- Hip Hop & Pom Competitions (w/ Fire & Ice Allstars) (Summer 2010)
- Hip Hop Dance Performance (w/ Penn State University) (Spring 2005)
- Washington Wild Things PreGame Show (w/ Joyce Ellis Dancers) (Summer 2002)
- Dance Recitals (w/ Joyce Ellis Dancers & Bonnie's Dance Studio) (1988-2003)
- Pittsburgh and Suburban Parades (w/ Joyce Ellis Dancers) (1995-2003, 2011, 2016)
- Pittsburgh Steelers Half-Time Show (w/ Joyce Ellis Dancers) (1998)
- Pittsburgh Piranhas Half-Time Show (w/ Joyce Ellis Dancers) (1995)

### CURRENT DAY JOB:

Medical Writer at InVentiv Health Clinical (May '16-present)

Accountability and Life Coach @ Pgh Dreamer Productions (Feb '20-present)

### OTHER INSTRUCTIONAL EXPERIENCE:

Adjunct Faculty Member: Anatomy, Pennsylvania State University-GA (Spring 2012)

Teaching Assistant: Biological Writing, University of Pittsburgh (Fall 2011)

Teaching Assistant: Immunology, University of Pittsburgh (April 2009)

Teaching Assistant: Medical Microbiology, University of Pittsburgh (Feb-Mar. 2009)

Tutor: Immunology, University of Pittsburgh (Feb-Apr. 2008)

Teaching Assistant: Physical Chemistry, Pennsylvania State University (Fall 2006)