



STEFAN PASCAL

DANCE TEACHER
PERSONAL TRAINER



PROFILE

Experienced Dance Instructor with a demonstrated history of working in the performing art industry. Skilled in Dance, Personal Training, Group Exercising, Dance Instruction and Teaching.

Strong education and professionally trained within WDSF in DanceSport and graduate of LDN Muscle Academy with Level 2 & 3 Personal Trainer.

"My passion for dance has always pushed me towards the limits of unreal - I have started teaching at 17 years old and entered dance competitions as early as 10 years old.

I always strive for perfection, both in teaching and in my own training, in order to obtain the best outcome. The feeling of passing everything I know and I have done, to others, no matter how old, is unutterable and will always be one of my greatest passions."



CONTACT

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EMPLOYMENT HISTORY

- Group Exercise Instructor** Jan 2019 - Present
Nuffield Health, London, UK
- Group Exercise Instructor** Jan 2019 - Present
Third Space, London, UK
- Ballroom, Latin and Caribbean Dance Teacher** Mar 2019 - Present
The London Academy of Dance, London, UK
- Ballroom & Latin Dance Teacher** Sept 2016 - Sept 2018
Next Generation Dance Studio, Canterbury, UK
- Balroom & Latin Dancer/Dance Teacher** Sept 2012 - Dec 2015
DancePlanet, Bucharest, Romania
- Ballroom & Latin Dance Teacher** May 2012 - Dec 2015
Stefan Pascal Dance Studio, Bucharest, Romania



ACHIVEMENTS

Silver Medal

Second Place at Romanian National Dance Championship 2012 - Adult Latin Section

TV Appearances

Choreographer for Romanian TV Shows



EDUCATION

- Diploma Level 2 & 3 Training, LDN Muscle, London, UK** 2019 - 2020
- STRONG by ZUMBA Instructor, London, UK** Apr 2019
- International DanceSport Workshops**
- Caribbean Dances Program** 2010 - 2014
- Schwinn Indoor Cycling Program** Feb 2013
- Gheorghe Lazar National College, Bucharest, Romania**



SKILLS



LATIN DANCE



BALLROOM DANCE



CARIBBEAN DANCE



STREET DANCE



PERSONAL TRAINING



GROUP EXERCISE



DANCEFIT



INDOOR CYCLING