

# PRECISION DANCE WORKSHOP with

## SAMANTHA JO HARVEY



**FRIDAY, JANUARY 5<sup>th</sup>, 2018**

**LEVELS 2B/2A**

**5:00 – 6:30PM**

**LEVELS 3C & UP**

**6:30 – 8:00PM**

**\$15 in advance; \$20 at the door**

Register on our web site: [www.tmcdance.com](http://www.tmcdance.com).

**THE *Moving* CO.**  
**DANCE-CENTER**



Originally from Baltimore, MD, Samantha graduated as valedictorian from Towson University with degrees in both Dance Performance and Sociology/Anthropology. Upon graduation, she made her debut with the world famous Radio City Rockettes, performing in multiple productions including the 31 city Arena Tour as well as on the Great Stage at Radio City Music Hall in New York City. She served as the Assistant Dance Captain and was selected for prestigious events including the Rockefeller Center Tree Lighting, the Macy's Thanksgiving Day Parade, The Today Show, NY Knicks basketball games, and the Wendy Williams Show to name a few. In NYC she performed with contemporary dance company dre.dance and continues to assist Artistic Director Andrew Palermo on theater, concert, and commercial work. Her LA performing credits include Seth MacFarlane's Ted 2, MAC Cosmetics, Toyota, and Isagenix. Other dance credits include America's Got Talent featuring Pitbull, Theatre Aspen, and Belluscious Entertainment.

Samantha is a Nike Master Trainer, a nationally qualified NPC Bikini Competitor, and holds certifications from NASM (personal training), Precision Nutrition, NESTA (Fitness Nutrition Coaching), Power Pilates (mat), TRX Suspension Training (Level 1 and Level 2 FORCE), and Mad Dogg Athletics SPINNING. She can be seen in fitness videos by Livestrong.com, Denise Austin, Sweat Factor, and Beach Body (21 Day Fix and 21 Day Fix Extreme); and is featured in the Quest Apparel ad campaigns. In an effort to inspire people to get physically, nutritionally, and emotionally fit, Samantha created her personal training, online coaching, and fitness company Performance Bodies. [www.performancebodies.org](http://www.performancebodies.org)