

CURRICULUM VITAE | MAY YANG



May Yang, Director of My Fitness Pte Ltd, Singapore

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May Yang, founder and director of My Fitness, is an accomplished dancer, choreographer, stage performer and fitness instructor.

Expertise Pilates, yoga, aerobics, modern dance, ballet and kids' classes

PROFESSIONAL EXPERIENCE

2010 - Current

- Director, My Fitness Pte Ltd

2009

- Certified CPR Course

2004 - 2006

- Certified Body Combat Course in Singapore
- Full-time Fitness Consultant with Amore Fitness, Singapore
- Certified Yoga, Aerobic and Boxing course

2005

- Boxing Instructor Course, Amore Fitness Singapore

2003 - 2004

- Yoga Instructor Course, Amore Fitness Singapore
- Aerobics Instructor Course, Amore Fitness Singapore
- Dance Training Course and Ballet Performance of Swan Lake with New York Ajkun Ballet Theatre, and Ellen Sinopoli Modern Dance Company in New York
- Certified Pilates Full-time Teaching Course with Pilates Institute of Australia (PIA), Sydney

2001

- Distinction in Bachelor of Dance in Queensland University of Technology, Australia (Honours)
- Commonwealth Society of Teachers of Dancing Elementary Examination in Classical Ballet (Commended), Australia

2000

- Outstanding Student Award in Diploma of Dance, LaSalle-SIA College of the Arts, Singapore
- Scholarship award for Performing Arts in Degree from Ms Gunasingham, Singapore
- Royal Academy of Dancing Elementary Examination in Classical Ballet (Honours) UK

1997 - 2000

- Full-time Diploma in Modern Dance, Ballet, Jazz, Pilates, Folk Dance, Teaching, Choreography at LaSalle-SIA College of the Arts, Singapore

1996 - 1997

- Full-time Choreography Degree Course in Scenarist and Directors of Preparatory, China

1990 - 1996

- Full-time Diploma in Chinese Dance, Folk Dance at Guang Dong Dance School, China

PERFORMING EXPERIENCE

- 2004
 - Remember Mr Toni, LaSalle College of the Arts Studio Theatre Singapore – *Ballet Solo*
- 2003
 - Little Lee with Artsfission Dance Company, UCC Theatre Singapore – *Performer*
 - NYC 2003 with Ajkun Ballet Theatre & Ellen Sinopoli Modern Dance Company (New York), New York City USA – *Performer*
 - Ballet and Modern Jazz with Sydney Dance Company, Sydney Australia – *Performer*
- 2002
 - Menage A Trois, Victoria Theatre Singapore – *Performer*
- 2001
 - Smoked Salmon "Dim Sum & Me", LaSalle College of the Arts Studio Theatre Singapore – *Choreographer & Performer*
- 2000
 - Y-Junction "Why Not", LaSalle College of the Arts Studio Theatre Singapore – *Choreographer & Performer*
 - AV Special Christmas for Children, Mandarin Hotel – *Choreographer & Performer*
 - Teatater Kamilinited, Youth Park Singapore – *Performer*
- 1999
 - No Face, LaSalle College of the Arts Studio Theatre Singapore – *Performer*
 - Dive "Front & Back", LaSalle College of the Arts Studio Theatre Singapore – *Choreographer & Performer*
 - Chamber, LaSalle College of the Arts Studio Theatre Singapore – *Performer*
 - Shadow is the Queen of Colour, SubStation Theatre Singapore – *Performer*
- 1998
 - Fun Anthology, LaSalle College of the Arts Studio Theatre Singapore – *Performer*

CLIENTELE (1997-2012)

- 2000
 - A & J Creative Dance World
 - Amrita Spa, Westin Hotel
 - California Fitness
 - Carrier Singapore
 - Delta Secondary School "Speech Day Musical" choreographer
 - Faithwork Studio
 - Fei Yue Family Centre
 - FHI International fitness
 - Fitness First
 - GIC Company Fitness Club
 - HP Singapore
 - Kavanagh Ballet Centre, CSTD Ballet Exam for children & teens
 - LaSalle College of the Arts Creative Dance for children and Pilates for AEP Program
 - Mas Fitness Club
 - Micron Semiconductor Asia Pte Ltd
 - My.Self

- Nanyang Academy of Fine Arts
- Philip Wain
- Planet Fitness
- Raffles Girl's School Ballet
- Red Swastika School
- Regent School
- Safra, Singapore
- SIA Singapore
- SPC Polymer Company
- Studio Wu
- Takashimaya Fitness Club
- The Spa Health Club at Raffles Place
- True Fitness
- True Yoga
- Vrithru Fit

PRESS COVERAGE

- 2011
 - Interview in March by TV 8 "GOOD MORNING" program (body & tone) – *with My Fitness*
- 2010
 - Interview in May by MIO TV Singapore Pilates Program – *with True Yoga*
- 2008
 - Modeling for True Yoga in PEAK Magazine (Movement and Watch) April 2008 issue – *with True Yoga*
 - Interview in January by Singapore radio station 98.5 (kids' yoga) – *with True Yoga*
- 2007
 - Interview in May by Singapore radio station 93.3 (fitness in life) – *with True Yoga*
- 2006
 - Feature in March for Style Magazine, "Off the Wall, Kinesis Workout" – *with Amore Fitness Singapore*
 - Feature in March for Shape Magazine, "Stretch Fit Workout at Home" – *with Amore Fitness Singapore*
 - Feature in February for The Straits Times Mind Your Body, "Wall Flower, Kinesis Workout" – *with Amore Fitness Singapore*
- 2005
 - Feature in December by Shape Magazine, "Pump Up Your Muscle" – *with Amore Fitness Singapore*
 - Feature in September by MTV Channel, "Yoga, Home Workout" – *with Amore Fitness Singapore*
 - Feature in August by The Straits Times Mind Your Body, "Different Rowing Workout" – *with Amore Fitness Singapore*
 - Feature in May by Shape Magazine, "Weight Workout" – *with Amore Fitness Singapore*
 - Feature in April by Dare Magazine, "Winning Way Women" – *with Amore Fitness Singapore*
 - Feature in March by Cleo Magazine, "Yoga Pose" – *with Amore Fitness Singapore*
- 2004
 - Feature in August by EZHealth Magazine, "Office Stretching Exercise" –

with Amore Fitness Singapore

- Stretching Program in May by Channel U – *with Amore Fitness Singapore*

LEADING FITNESS EVENTS

- 2011
- Leading fitness warm up for “SCCCI natural walk” – *with My Fitness*
 - Leading opening fitness dance for “ERA Asia Conference 2011” in Sentosa Resorts World – *with My Fitness*
- 2006
- Leading Stretching exercise for Shell Singapore in Shell Company – *with Planet Fitness*
 - Leading Mega Combat in Suntec City – *with Planet Fitness*
 - 3.8 Women’s National Day (leading 500 people for Stretch Fit in Singapore Chamber Of Commerce and Industry), Singapore SCCCI Takashimaya – *with Amore Fitness Singapore*
- 2005
- WDO women’s day out 2005 (leading 1000 people for Hip Hop work out and Performance Aerobic), Takashimaya – *with Amore Fitness Singapore*
 - International Event 2005 (Leading 1000 people for Stretch Fit warm up), Suntec City Convention Centre – *with Amore Fitness Singapore*
- 2004
- Clean, Green and Hygiene Carnival 2004 (leading 6000 people for fitness warm up exercise) for Minster Goh Chok Tong and six other Members of Parliament of Marine Parade GRC – *with Amore Fitness Singapore*
 - Debenham Tie Leung (DTZ) Property Event 2004 Leading Stretch Fit Warm Up, HDS HUB Auditorium – *with Amore Fitness Singapore*
 - Presidents Challenge 2004 (leading PM Lee and 5000 people for Aerobic Warm Up), Marina Promenade – *with Amore Fitness Singapore*
 - People’s Association Walkathon Leading Aerobic Warm Up, Marina Boulevard – *with Amore Fitness Singapore*
 - Singapore Health Awards 2004 Performance Aerobic, Raffles City Convention Centre – *with Amore Fitness Singapore*
 - ERA Property International Event 2006 (Leading 800 people for Stretch Fit Warm Up and Performance Aerobics), Kallang Theatre – *with Amore Fitness Singapore*

MY FITNESS CLASSES

- Pilates Fitness*
- Pilates Reformer, Pilates Pilates Fit Ball and Pilates Mat, TRX
 - Hatha Yoga, Power Yoga, Yogalates, Hot Yoga, Stretch Fit, Aerobic, Cardio Latin, Step, Step & Tone, Abt, Tbt & Kickboxing
- Dance*
- MTV Jam, MTV Dance, Hip Hop, Essential Dance, Broadway Jazz, Modern Jazz, Sexy Belly Dance, Bolly wood, Modern Dance, Classical Ballet, Modern Ballet, Classical Chinese Dance and New Chinese Dance
- Children*
- Baby Ballet, Jazz, Creative Dance, Kids Yoga, Kids Boxing and Kids MTV Dance