LARA FÖLDVÁRI
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PROFESSIONAL PROFILE

I believe in offering a safe, effective, efficient (and fun) health and wellness program.
In 2009, I created, and started teaching, YoLarates™- the first barre class in Cheshire, CT. Bare Barre™ was conceived by me in 2025, focusing on barre basics, starting from the feet up. Legacy Barre™ Certification was born (2026) out of my decades of experience and trainings in the barre & fitness industries.
My focus is on barre fitness and being an expert in this field. I am the founder and President of the non-profit Barre Fitness Alliance for the barre industry.

EDUCATION

bootybarre Platinum® — 2026
Barre for seniors

BARE® Workout — 2025
Instructor Certification

The Stretch Center — 2025
Assisted Stretching Certification

Callanetics®
Licensed Callanetics® Instructor — 2025

BarreAmped®
Fundamentals of Barre, Spine & Core Anatomy, Barre Certified by BarreAmped® Levels 1, 2, & 3 Trained, Certified by BarreAmped® Bounce Levels 1 & 2 — 2025,2026

The Dailey Method
Foundations of Barre, Teacher Collective L1 Training Course — 2023

Physique 57 Barre Academy — 2023
Basic Barre Fundamentals certified

BASE Method Barre Training Program — 2022
BASE Method trained barre instructor

American Barre Technique (ABT) — 2021
Certified Barre Instructor, Certified Floor Barre Stretch Instructor

JumpSport Fitness
JumpSport Fitness Trampoline Credentialed Instructor — 2021

Fit Pro Programming
Barre Above Certified Barre Instructor, Level 2 Instructor, Musicality Method, The Recovery Barre, Human Reformer — 2020, 2021, 2025, 2026

theLONDONmethod
Certified Barre Instructor — 2020

Barre Intensity
Certified Barre Instructor — 2020

SCW Fitness — 2020
Aqua Barre Certificate

CoreBarreFit (through Barre Intensity)
Barre Exercise Intensive, Part 1 — 2020

Barre & Soul Academy (formerly Barre Guild Academy) — 2020,2022
Certified Barre Teacher, Pure Lotte, Mini Loop Band

YogaRenew Teacher Training — 2019
200-hour Yoga Teacher Training Certification

Vaganova Syllabus — 2018
Preparatory Ballet Teacher

Progressing Ballet Technique (PBT) — 2018
Certified & Licensed Teacher

American Sports & Fitness Association (ASFA)
Ballet Fitness Instructor — 2017

American Fitness Professionals & Associates (AFPA) — 2016,2019
Certified Holistic Nutritionist, Certified Pilates Instructor (Mat)

International Ballet Barre Fitness Association (IBBFA) — 2015-2018
Certified Barre Instructor, Levels 1-3, Special Populations, Prenatal
Ballerobica®
Master Barre Instructor

Aquatic Exercise Association (AEA) — 2014
Aquatic Fitness Professional

American Senior Fitness Association — 2013
Senior Personal Trainer

SilverSneakers® Fitness Program — 2013,2018,2026
Muscular Strength & Range of Movement (MSROM)
Foundations, BOOM Mind, Splash, Classic, Circuit, Yoga

American Council on Exercise (ACE) — 2012,2017,2024
Certified Personal Trainer, Group Fitness Instructor, Biomechanics of Assisted Stretching

Zumba® Fitness — 2011,2012,2013
Licensed Instructor (Basics 1 & 2, Gold, Aqua, & Toning)

Aerobics and Fitness Association of America (AFAA) — 2010-2013
Group Exercise Instructor Certification; Practical Pilates™; Golden Hearts™,
Jillian Michaels BODYSHRED™

First Aid/CPR/AED Certification — 2010-current

National Exercise and Sports Trainers Association (NESTA) — 2009
Sport Yoga Instructor; Lifestyle & Weight Management Specialist

ALBERTUS MAGNUS COLLEGE, New Haven, CT — 1994
Associate of Arts in Liberal Arts, Business Administration concentration

EXPERIENCE

City of Port Saint Lucie — 2025-current
Recreation Instructor - Specialty Programs/Fitness Assistant

Super Heat Fitness — 2025-2026
Fitness Coach

Legacy Barre™ Certification — 2026
NASM/AFAA & ACE Approved Continuing Education Provider, BFA Education Partner

Bare Barre™ Teacher Training — 2026
ACE Approved Continuing Education Provider

Fox Rehab — 2023-2025
Fitness Specialist

Barre Fitness Alliance, Inc
President — 2022-current

The BOG- Barre Over the Garage/Barre On the Go LLC, Cheshire, CT/PSL, FL
Owner & Barre Teacher — 2020-current

YoLarates™ Teacher Training — 2020
IBBFA & ACE Continuing Education Workshop content creator/presenter

BE Here Now Yoga & Fitness Studios, Cheshire, CT — 2018-2021
Barre Instructor

IBBFA, International Ballet Barre Fitness Association, Mesa, AZ — 2017-2021
Master Barre Instructor

Wallingford Senior Center, Wallingford, CT 2013-2016
Zumba® Gold Instructor

Prospect Senior Center, Prospect, CT 2012-2018
Zumba® Gold Instructor

Cheshire Senior Center, Cheshire, CT 2012-2019
Zumba® Gold & YoLarates™ Instructor

Annalisa Studio, Cheshire, CT 2009-2020
YoLarates™, exhiLarate™, Zumba®, Personal Trainer, BarreSlim, Ballerobica® Yoga, Pilates, Barre

SKILLS

- American barre
- Aqua Fitness
- Assisted Stretching
- Ballet
- Bare Barre™
- Barre (500-hr RBT)
- Ballerobica®
- BarreSlim
- Boomers & Beyond™
- bootybarre® Platinum
- Callanetics®
- exhiLarate™ Cardio Core
- Fitness2Music Musicality Method
- Human Reformer
- Legacy Barre™
- Lotte Berk
- Mat Pilates
- Personal Training
- Progressing Ballet Technique
- Senior Fitness
- Trampoline/Rebounding
- Yoga (200-hr RYT)
- YoLarates™
- Zumba®

PROFESSIONAL MEMBERSHIPS

Barre Fitness Alliance: Premier Member, Continuing Education Provider, President
Pilates Method Alliance: Teacher Member
Yoga Alliance: E-RYT® 200, YACEP®

PUBLICATIONS

Legacy Barre™ Certification Teacher Training Manual 2026

Bare Barre™ Back to Barre Basics 2025

It's a Barre Class, Not Swan Lake: How to Plan Your Barre Classes 2024

YoLarates™ Teacher Training Course Manual 2019

Pulse: Keep the Beat of Youth 2015

The exhiLarate 10-steps to a Healthier- and Happier- You 2014

Just a Good Cook.... and you can be one, too 2012
Recipes from Lara's Kitchen