

MAY YANG

May is a choreographer, stage performer, fitness instructor since year 1997.
In 2000, outstanding student Award in Diploma of Dance, LASALLE-SIA Singapore.
2001, Distinction in Bachelor of Dance in QUT University, Australia, and Scholarship award for Performing Arts in Degree from Ms Gunasingham, Singapore.
2003, she was performing Ballet<<Swan Lake >>with New York Ajkun Ballet Theatre, and Modern Dance with Eleen's Sinopoli Modern Dance Company in New York. 2003, certified Pilates course with PIA in Australia.
2004, certified Yoga, Aerobic and Boxing course.
2004-2006 full time Fitness Consultant with Amore Fitness, Singapore.
2006, Body Combat course in Singapore.

May can teach Fitness Exercises:

Pilates Reformer, Pilates Fit Ball and Pilates Mat, Yoga, Power Yoga, Yogalates, Aerobic, Cardio latin, Step, Step and Tone, Abt, Tbt and Kickboxing,

She can teach Dance:

Mtv Jam, Hip Hop, Exotic Dance, Broadway Jazz, Modern Jazz, Belly Dance, Bolly wood, Modern Dance, Ballet and Classical Chinese Dance and New Chinese Dance.

Children Class: Baby Ballet, Jazz, Creative Dance, Children Yoga.

May's Qualification:

1990-1996: Studied Chinese Dance, Folk Dance at Guang Dong Dance school (full time Diploma) -CHINA

1996-1997: Studied Scenarist and Director's of Preparatory. (full time Degree in Choreography Course) –CHINA

1997-2000: Studied Modern dance, Ballet, Jazz, Pilates, Folk dance, Teaching, Choreography at LASALLE.SIA the College of the Arts (full time Diploma) -SINGAPORE

2000: Outstanding Student Award of LASALLE.SIA the college of the arts (full time Diploma) - SINGAPORE.

2000: Royal Academy of Dancing elementary examination in Classical Ballet (Honours) - UK

2000-2001: Bachelor in Arts, Queensland University of Technology (Honours, full time Degree) - AUSTRALIA

2000: Scholarship from MS Gunasingham fund for the Performing arts (Bachelor of Arts).

2001: Commonwealth Society of Teachers of Dancing

elementary examination in Classical
Ballet(Commended) - AUSTRALIA

2003-2004: Pilates full time Teaching Course in PIA,
Pilates Body Control. –SYDNEY,AUSTRALIA

2003: "Performing in New York 2003" with Ajkun Ballet
Theatre and Eleen's Sinopoli Modern Dance Company.
-New York City
-Albany,New York

2003: Ballet Course under American Ballet Theatre (ABT)
- New York City

2004: Aerobic instructor Course (Aomre Fitness)

2004: Yoga Instructor Course (Amore Fitness)

2005: Kicket Boxing Instructor Course (Amore Fitness)

2004-2006: Full Time Fitness Consultant in Amore
Fitness – SINGAPORE

2006: Body Combat Course. –SINGAPORE

Teaching Dance in SINGAPORE:

1997-1999: LASALLE.SIA the College of the arts, Creative dance for children.

1999-2000: LASALLE.SIA the college of the arts, Pilates for Aep Program.

2000: Girl's Ballet in Raffles Girl's School

2000-2001: A & J Creative Dance World, Jazz for adult.

2000-2001: Kavanagh Ballet Centre, CSTD Ballet exam for children and Teens.

2001: Choreographer for Delta Secondary School, "Speech day Musical".

Pilates Class for Adult in SINGAPORE 1999-2002:

Takashimaya Fitness Club,
Micron semiconductor Asia pte ltd
A & J Creative Dance World
Amrita Spa in Westing Hotel
Mas Fitness Club
California Fitness
Raffles place The Spa Health Club. (ex Fitness First)

GIC company Fitness Club
Faithwork Studi Fei Yue Family Centre
2004: Fitness First

Performing experience in LASALLE-SIA SINGAPORE: LASALLE.SIA the college of the arts studio theatre

Nov 1998: (Fun Anthology) - performer

May 1999: (Chamber) - performer

Sep 1999: (Dive) - choreographer & performer for Front and Back

Dec 1999: (No Face) - performer

May 2000: (Y - Junction)- Choreographer and Performer for "Why Not".

May 2001: (Smoke Salmon) – Choreographer And Performer for "Dim Sum & Me"

Jun 2004: (Remember Mr Toni) - Ballet solo

Performing in different places:

Mar 1999: (Shadow is the Queen of Colour)-performer.
Sub-Station Theatre. -SINGAPORE

Nov 2000: (Teatater Kamilinited)- performer. –Youth Part. - SINGAPORE

Dec 2000: (A V -Special Christmas for children)-Choreographer and Performer. – Mandarin Hotel.

Aug 2002: (Menage A Trois)- performer. –Victoria Theatre. - SINGAPORE

Jan 2003: (Little Lee) with Artsfission dance company, Performer. -UCC Theatre, SINGAPORE

Jul-Aug 2003: "Performing in NYC 2003" with Ajkun Ballet Theatre and Eleen's Sinopoli dance Company.
- New York City
-Albany, New York

Dec 2003: Performing Ballet and Modern Jazz with Sydney Dance Company –Sydney, AUSTRALIA

Fitness Event 2004-2006 with Amore Fitness in SINGAPORE:

Sep 2004: Singapore Health Awards 2004 Performance
Aerobic in Raffles City convention Centre

12 Sep 2004: People Association Walkathons Leading Aerobic Warm up in Marina Bulevard.

22 Sep 2004: Presidents Challenge 2004 (PM Lee, and five thousand people) Leading Aerobic Warm up in Marina Promenade.

27 Oct 2004: Debenham Tie Leung (DTZ) Property Event 2004 Leading Stretch fit Warm in HDS HUB Auditorium.

31 Oct 2004: People Association Walkathons Challenge (five thousand people Leading Aerobic in Marina Bulevard.

21 Nov 2004: Clean, Green and Hygiene Carnival 2004 (Minster Goh Chok Tong and other six Members of Parliament of Marine Parade GRC)

Sep 2005: International Event 2005 Leading Stretch Fit warm up in Suntec City Convention Centre

15 Oct 2005: WDO women's day out 2005 Leading 1000 people for Hip Hop work out and Performance Aerobic, in Takashimaya.

20 Jan 2004: ERA Property International Event 2006 Leading stretch fit Warm up and performance Aerobic in Kallang Theatre

4 Mar 2006: 3.8 Women's National Day Leading Stretch Fit in Singapore Chamber Of Commerce and Industry (SCCCI)

Fitness in Magazine, News, Modeling and TV 2004-2006 with Aomre Fitness in SINGAPORE:

May 2004: Stretching Program (In Channel U)

Aug 2004: Office Stretching exercise (Ezhealth Magazine)

Mar 2005: Yoga Pose (Cleo Magazine)

Apr 2005: Winning Way Women (Dare Magazine)

May 2005: Weight Workout (Shape Magazine)

25 Aug 2005: Different Rowing Workout (Straits Time, Mind Your Body)

Jun 2005: Stretching Exercise (In Channel U)

Sep 2005: Yoga, Home work Out (In MTV Channel)

Dec 2005: Pump Up Your Muscle (Shape Magazine)

1 Feb 2006: Wall Flower, KINESIS Workout (Straits Time, Mind Your Body)

Mar 2006: Off the Wall, KINESIS Workout (Style Magazine)

Mar 2006: Stretch Fit Workout at Home (Shape Magazine)

Teaching Fitness from Apr 2006-Oct 2007 in Singapore:

True Yoga

Fitness First

Planet Fitness

Philip Waim

Studio Wu

A and J dance World

Vrithru Fit

Carrier Singapore

Spc Polymer Company

FHI International fitness

Fitness Event from Apr 2006- Oct 2006:

July 2006: Mega Combat in Suntec City. –Shadow, with Planet Fitness

July 2006: Leading Stretching exercise for Shell Singapore in Shell Company. –Planet Fitness