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A dynamic, passionate, innovative fitness instructor with over 20 years of experience looking to volunteer my time teaching fitness classes and workshops in a variety of venues.

OVERVIEW OF EXPERIENCE

My resume is long and detailed because my experience is wide and varied. I regularly teach cardio and mind/body classes and offer campus and community workshops. I have mentored and trained instructors in a variety of contexts and have provided program/instructor reviews and critiques. I also blog regularly, and write academically, about fitness and yoga.

GROUP FITNESS TEACHING EXPERIENCE

I have taught a variety of classes continuously since 1997. During this time I taught at least 2 classes a week (and, at most, 18 classes per week) at a variety of facilities and locations. I have taken a sabbatical from my regular teaching schedule from December 2017 through September 2019 for fitness and yoga-related research. The following breaks down my work at each facility.

<i>Facility</i>	<i>Avg. Class size</i>	<i>Classes Taught</i>	<i>Class/wk (avg)</i>	<i>Years</i>
Shanti Yoga Studio McCall, ID	5	Subbed for a variety of yoga classes and provided A workshop series	> 1	2 months, 2018
Bangor YMCA Bangor, ME	5-35	Fitness Yoga, Cardio Mix, Slow Flow Yoga, Yoga/ Pilates, Cardio Kickboxing, Cardio Belly Dancing, Belly Dance Fitness, Organic Dance, Just Dance, Group Groove (MOSSA), Yoga Plus, Hiking Yoga	8-10	June 2010- December 2017 Plan to return in September 2019
University of Maine At Augusta, Bangor Campus Bangor, ME	5-10	I have taught a variety of fitness classes and series on the campus where I teach academic classes. These classes are free and open to the community and include Mind/Body Fitness Dance And Gentle Yoga	1-2	2014-2017 plan to return in September 2019

Valance Pilates, Fitness and Dance Studio Bangor, ME	2-15	Power, Pleasure, and Movement, Yoga, Pilates, Organic Dance	2	2010-2012
Kennebec Valley YMCA Augusta, ME	5-20	Cardio Belly Dancing, Girls' Night Out, Yoga, Cardio Kickboxing, Step	3	2009-2010
PEAC Washington State University Pullman, WA	10-15	Dance Aerobics (faculty/staff)	3	Summer 2007
Dragon Wellness Minnesota State University Volunteer Instructor Morehead, MN	5-10	Cardio Kickboxing Step Aerobics Yoga Fit	3-5	September 2006- April 2007
Student Recreation Center Washington State University Pullman, WA	15-35	Step Aerobics Cardio Kickboxing Pilates Yolates Yoga Strength and Tone Abdominals Core Cardio Coreboard	2-6	2002-2008
Faculty Staff Fitness Oregon State University Corvallis, OR	15-25	Pilates	2	2001-2002
Timberhill Athletic Club Corvallis, OR	8-24	Total Fitness The Lift Step Pilates	3-6	2001-2002
The Benton Center (Linn-Benton Community College) Corvallis, OR	13-35	Step (credit) Body Toning (credit) Yoga/Pilates	5-7	2001-2002
Oregon State University Physical Activity Courses (credit courses) Corvallis, OR	45-50	Cardio Kickboxing Body Sculpting Cardio Combo	8-10	1999-2002
Corvallis Fitness Center Corvallis, OR	8-20	Step Cardio Kickboxing	1-3	2001-2002
Oregon State University Dixon Recreation Center Corvallis, OR	8-24	Cardio Box Cardio Pump Abs Plus Strength, Stretch, and Relaxation Body Sculpting	1-4	1999-2002
Adorni Recreation Center Eureka, CA	8-15	Step Sculpting Cardio Kickboxing	1-10	1998
Humboldt State University (Training Program) Arcata, CA	8-15	Step Dance Aerobics	1-2	1997-1998

WORKSHOPS/RETREATS

Shanti Yoga Studio: Yoga Outside the Box, McCall Idaho, Winter 2018

This three-class series challenges participants to move their bodies and minds in new ways. Familiar poses become dynamic sequences as we find our own flow and breath. Each class provides a unique yoga experience that progresses toward a powerful and empowering mind/body dance class that moves yoga outside the confines of our mats to discover a new comfort zone.

Pumpkin Hill Yoga Retreat: Balance & Flexibility, Summer 2017

Literally and figuratively, balance and flexibility are challenges for many of us. Through a variety of movements, breathing techniques, myofascial release, and meditations that emphasize balance and flexibility (which can be found in every yoga pose!), we will find opportunities to center ourselves and reach beyond ourselves while we relax, reflect, and rejuvenate.

Pumpkin Hill Yoga Retreat, Summer 2016

This yoga retreat is our opportunity to delve deeper into the mind, body, and soul of yoga. Arrive Saturday morning for a deep, rejuvenating, maybe even therapeutic day of breathing, stretching, balancing, and more! Participants are encouraged to do what feels best to them, to listen to their bodies, to ask for options when needed. If it feels good, do it. If it doesn't, don't. Yoga is many things and it can become what we make of it. While a variety of options and variations will be offered, some experience with yoga will provide for the best retreat experience.

COMMUNITY SERVICE FITNESS

- UMA, Bangor Campus, Self-Care for Mentors/Tutors, Fall 2017
- Student Success Collaborative Lunch n' Learn presentation, "Self-Care 1: Managing Stress in College," Fall 2017
- UMA, Bangor Campus, Gentle Yoga, Spring 2017, Fall 2017
- Hiking Yoga at the Bangor Waterfront Series, Summer 2017
- Bangor Pride Festival/UMA-Bangor, "Yoga for Pride" class, Summer 2017
- UMA, Bangor Campus, Mind/Body Fitness Dance, Spring 2016
- Hiking Yoga at the Bangor Waterfront event, Summer 2016
- Bangor Pride Festival/UMA-Bangor, "Yoga for Breaking Binaries," Summer 2016
- Shaw House (youth shelter), Introduction to Yoga, Spring 2014
- Caring Connections Retreat, Yoga for Self-Care, Fall 2015
- Bangor Pride Festival/Bangor YMCA, Organic Dance, Summer 2015
- Caring Connections Retreat, Organic Dance Class, Fall 2013
- Bangor YMCA Martial Arts Camp for youth, Volunteer Yoga Instructor, Summer 2013

- Established the Val Kitchen Valance Fitness Scholarship for University of Maine at Augusta, Bangor campus students. Engage in fund-raising activities to fund the scholarship.
- Organic Dance: Keeping Up the Momentum, partnership with Maine Equality and part of the Bangor Pride Festival, Summer 2013.
- Women’s Health Fair, Husson University, fitness class demos for yoga and Group Groove, Summer 2012
- UMA-Bangor Zumbathon Fundraiser, Instructor, Spring 2012
- Kennebec Valley YMCA Zumbathon Fundraiser, Instructor, Spring 2011
- Kickboxing and Yoga demos at the MSUM Health Fair, 2007
- Wellness presentation with Beth Hawk to OSU staff (stretching segment), 2001

FITNESS-RELATED PUBLICATIONS

Culture and Movement Website and Blog

www.cultureandmovement.com, 2013-present.

38 Women Fitness Experts Share Tips on Fat Loss for Women

muscleandstrength.com, #33.

What the “Dad Bod” Phenomenon Says About the Priorities of Our Media and Culture

The Conversation, theconversation.com, June 2015.

CrossFit: Elite Fitness or Pointless Pain?

The Conversation, theconversation.com, November 2014.

Women and Fitness in American Culture

McFarland Publishing, Inc. 2014.

Guest Blogger: “Be(at) Average Through Fitness”

Average Girl, Loveaverage.com, August 2014.

Guest Blogger: “Fitness Families and Unexpected Gifts”

Fit Feminist, January 2014.

Guest Blogger: “Learning to ‘Love Average’ While Battling the BMI Charts.”

Average Girl, Loveaverage.com, July 20, 2013.

ACADEMIC FITNESS-RELATED TEACHING

Minds, Bodies, and Movements

Spring 2019

Critical Themes in American Studies Master’s level course co-taught with Anders Bo Rasmussen at the University of Southern Denmark.

- American Fitness: Culture, Community, and Transformation** Fall 2016
Taught as a hybrid class with live sections in Bangor and Augusta and an online section.
- Independent Study:** Spring 2016
INT 495: Capstone in Interdisciplinary Studies: Interdisciplinary Sport Studies
INT 496: Internship in Interdisciplinary Studies: Collegiate Coaching
- American Fitness: Culture, Community, and Transformation** Fall 2014
Taught as a hybrid class with live sections in Bangor and Augusta and an online section.
- Independent Study:** Fall 2014
WGS 394: Fitness as Self-Care
WGS 394: Power and Empowerment in Women’s Fitness
AME 496: Internship: Fitness Program Development II
- Independent Study:** Spring 2014
AME 496: Fitness Program Development
- American Fitness: Culture, Community, and Transformation** Fall 2012
Taught as a hybrid class with live sections in Bangor and Augusta.
- Independent Study:**
WGS 394: Women’s Bodies: Health, Fitness, and Activism Summer 2011
- YoUMA, University of Maine at Augusta** Summer 2011
A non-residential summer program for high school students
Afternoon workshop: “Get College Fit”
- Cougar Quest, Washington State University** Summer 2009
A residential program for junior high and high school students
Two week-long courses: “Fitness and Culture: Yoga, Hip Hop, and Belly Dancing”

ACADEMIC FITNESS-RELATED PRESENTATIONS

- **Bangor Pride Festival** Summer 2016
Bangor, ME

Panel: *Bangor Pride and Prejudice: Education and Physical and Mental Health*
- **Oregon State University Hip Hop Festival and Symposium** October 2014
Corvallis, OR

Panel: Rap Cultures
“Teaching Interdisciplinary in Hip Hop: Race, Class, Gender, Culture and Movements”

- **Bangor Faculty Research and Pedagogy (RaP) Sessions** Spring 2014
 University of Maine at Augusta

"Women and Fitness in American Culture"
- **Public Lecture, University of Maine Orono, Women in Curriculum** Fall 2011

"Women and Fitness in American Culture: Definition and Transformation"
- **National Women's Studies Association (NWSA)** November 2013
 Cincinnati, OH, Negotiating Points of Encounter

Workshop: *"Organic Dance, Fitness, and Self-Care as a Practice of Effecting Change"*
- **Feminist Methodologies course at UMaine** Fall 2013
 Professor: Mazie Hough

"Reconciling the Personal and Political through Interdisciplinary Feminist Methodologies" (a presentation about my book *Women and Fitness in American Culture*)
- **Bangor Faculty Research and Pedagogy (RaP) Sessions** Fall 2012
 University of Maine at Augusta

"Food & Fitness in Cultural Contexts"
- **Guest Speaker in Leah Postman's 1st-year Vet Tech course** Fall 2012
 University of Maine at Augusta

"Functional Fitness"
- **Public Lecture, University of Maine Orono, Women in Curriculum** Fall 2011

"Feminist Mind/Body Fitness: Moving Beyond Patriarchal Oppressions"
- **National Women's Studies Association (NWSA)** November 2010
 Denver, CO, "Difficult Dialogs II"

Workshop: *Feminist Fitness: The Critical/Creative through Power, Pleasure, and Movement*
- **Maine Women's Studies Conference** November 2010
 Bangor, ME, "Women Count"

Panel: *Women Count in Fitness: Exploitation to Empowerment* and
 Workshop: *Feminist Fitness: Pleasure, Power, and Movement*

- **Gendering Research Across the Campuses (GRACe) Panel Presentation**
 Vancouver, WA, “The Politics of Movement” October 2005

 Panel: *Reconsidering Women’s Work in Global Contexts: From Survival to Activism*
 Paper Presented: “*Balancing Binaries: the ‘Work’ of Women’s Fitness*”

- **WSU Gender Conference** Spring 2003
 Pullman, WA, Gendering Research Across the Campuses (GRACe)

 Poster: “*Women’s Fitness: Patriarchal Religion or Freedom Through Empowerment?*”

GROUP EXERCISE SUPERVISING EXPERIENCE

Bangor YMCA
Mentor to Yoga Instructor
 2 years and ongoing

- Help designing sequences and routines
- Regular check-ins and feedback toward improvements in cueing and sequencing
- Answer questions and boost confidence

Dixon Recreation Center
 Oregon State University
Fitness Supervisor 1999-2002
 3 years at 20 hours/week

- Proposed, Outlined, and Helped develop the Fitpass Registration System which increased class attendance and increased revenues by thousands of dollars per year
- Taught and co-taught the practical section of Fitness Instructor Training Program
- Trained instructors as shadows in a 10-week program
- Scheduled classes and helped make program decisions in collaboration with Fitness Coordinator
- Conducted several in-service trainings including: Teaching Sculpting in a Group Exercise Setting, How to teach SSR, Cueing and Choreography Workshops, and Safety Clinics
- Attended weekly meetings with Fitness Staff and periodic supervisor meetings
- Head instructor in two KBVR TV Shows—Beginning Cardio Kickboxing and Beginning Abs
- Evaluated Instructors and met with them one on one to work on various aspects of their instruction
- Troubleshooting/ Support/ Liaison between Coordinator and student employees
- Helped in planning special events and campus outreach
- Established and organized music catalog and check-out system
- Created “Cardio Combo” and “Cardio Pump” classes

The Benton Center
Linn-Benton Community College
Corvallis, OR
Fitness Supervisor 2001-2002
One year at 10-15 hours/week

- Scheduled classes in collaboration with Fitness Coordinator
- Troubleshooting, Support, Liaison between Coordinator and fitness instructors
- Conducted several in-service trainings and meetings including: Teaching Sculpting in a Group Exercise Setting, Cueing and Choreography Workshops, and Safety Clinics
- Evaluated Instructors and met with them one on one to work on various aspects of their instruction
- Facilitated Meetings

Student Recreation Center
University Recreation
Washington State University
Pullman, WA
Fitness Instructor 2002-2006

- As a fitness instructor, given extra responsibilities: Conducted trainings for fitness instructors at Washington State University, UREC Programs: Fitness Instructor training program—instruction for group training; conducted workshops in: coreboard, Pilates, cardio kickboxing, alternative step formats, using equipment in group fitness, cueing effectively, modifications for special populations in group fitness, 2002-2006 (approximately 2 workshops per year, 3-4 instructor training sessions total)
- Lead Instructor for approximately 10 instructors-in-training (shadows) at SRC at WSU, 2002-2006
- Received training from Washington State University Recreation at least twice a semester for four years including: cycling instruction, coreboard training, weight training, safety and effectiveness, abdominal work, yoga postures, Pilates exercises, physioball
- Completed Instructor evaluations for UREC Programs, Washington State, 2002-2006
- Introduced Cardio Kickboxing and Pilates to group fitness program
- Created Core Cardio Class
- Contributed suggestions such as the Fitness Passport and Fit Tech

SPECIAL TRAINING AND OTHER EXPERIENCE

- Yoga Alliance Certified RYT-200 through YogaFit: Training includes foundations plus Mindfulness and Meditation, Yoga for Kids, Yoga for Seniors, Yoga for Warriors (PTSD), Anatomy and Alignment, and Pranamyama.
- Trained with Glory Ralston at Humboldt State University in 1997: PE 368: Aerobic Dance Instructor Training course

- Body Training Systems (now MOSSA) Group Groove Instructor Training and Certification
- Attended workshops at Yoga Journal Live! Conference in New York City in 2015 and 2016 including post-doctoral session on yoga and neuroscience as well as sessions about Kundalini yoga, myths and storytelling, yoga and PTSD, yoga for empaths, hiking yoga, and yoga for balance.
- Current First Aid, CPR, and AED Certifications through the Red Cross
- UREC Programs, Office Assistant, summer 2003
- Pilates Training with certified Pilates instructor, Antigone Cook, at Corvallis Fitness Center, 2001
- Group Cycling training with Debra John at Dixon Recreation Center, 2000
- Sculpting Training at the Adorni Center, 1998
- “Stepography” with Sanford Smith at Humboldt State University (ACE workshop, 1998)
- Supervisor Retreat for Dixon Rec Center group fitness staff
- Monthly meetings with Fitness Staff at Timberhill Athletic Club including training
- Facility Planning and Consultation for Benton Center and Dixon Rec Center Expansions
- Informal training/experience in belly dancing, ballet, softball, soccer, volleyball, backpacking, rock climbing, hiking, and weight training

EDUCATION

Ph.D. in American Studies, Washington State University, August 2006

*Emphasis in Comparative Ethnic Studies and Women's Studies
Specialization in Cultural Theory, Popular Culture, and Social Movements*

M.A. in English, Oregon State University, August 2000

*Emphasis in Literature and Culture
Minor in Sociology*

B.A. Interdisciplinary Studies, Humboldt State University, December 1997

*Emphasis in Literature, Gender, and American Culture
Minor in Dramatic Writing*

REFERENCES

Available upon request.