

Alexandra Avrami

BALLET & FITNESS

Alexandra Avrami lived and worked in New York City as a ballet dancer, ballet teacher and personal trainer to several celebrities and models in NYC at Ballet Beautiful by Mary Helen Bowers. She graduated from the Physical Education and Sports Sciences of Aristotle University holding her bachelor degree. Additionally she earned her classical ballet teaching degree from the Royal Academy of Dance in London and the American Ballet Theatre in NYC. Furthermore, she holds a pilates certification from Equinox in NYC.

As a professional dancer she studied in New York's Joffrey Ballet School and Jacqueline Kennedy Onassis Ballet School of American Ballet Theater SI, NYC.

Alexandra has performed at global ballets and famous scenes such as the Metropolitan Opera in New York with the American Ballet Theater, David Koch Theater at Lincoln center(NYC), with the Mikhailovsky Ballet USA tour, the International Jacobs Pillow dance festival, Peter Jay Sharp Theatre at Symphony Space (NYC), Florence Gould Hall (NYC), Metropolitan Playhouse (NYC), Theater 80 st Marks (NYC), Miller Theatre at Columbia University (NYC), Frank Sinatra School of the arts(NYC), Josie Robertson Plaza Lincoln center for the table of silence project (NYC) With Buglisi dance company and many more.

As a ballet teacher, she has taught at several amateur and professional dance schools in New York City, including JKO and Rita Gold/Teachers College Columbia University. Currently lives in Rome, Italy, where continues to teach ballet and fitness classes at Ryoga Studios, the finest and largest studio center in Italy. Alexandra has also joined the faculty of the International College of Musical Theater (ICMT), where she teaches classical ballet. She has participated in various TV shows, commercials, and prestigious events, including Garnier USA, New York Live (NBC), and Good Morning America (ABC). Notably, she appeared in Martin Scorsese's series, Vinyl (HBO).

She has also taught ballet/fitness classes at prestigious events such as Fashion Week shows in NYC, the opening of W Hotel in Rome, and the Race for the Cure event at Circo Massimo Rome. Alexandra's journey has been featured in publications like Women's Health, Shape magazine, People magazine, Harper's Bazaar, Marie Claire, InStyle magazine, and more.



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