

WILLIAM AGLIATA

BALLET MASTER & MOVEMENT SPECIALIST

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BALLET & CHOREOGRAPHY

Ballet Master & Choreographer

Former Professional Ballet & Contemporary Dancer

- Performed internationally across Europe and North America in major theaters and festivals.
- Now leads as Ballet Master and Choreographer — creating original works and training elite dancers across Europe, North America, and the United Arab Emirates.
- Internationally recognized for high-profile choreography and masterclasses.

NEW YORK CITY AFFILIATIONS

Master Trainer — Rehabilitation & Performance

Gold's Gym, Manhattan

- Appointed specialist for NBA players in post-injury rehabilitation, collaborating directly with the in-house physiotherapy team.
- Designed and delivered custom strength programs for elite powerlifters, focused on injury prevention and peak performance.

Private Strength & Conditioning Trainer

Mid City Gym, Manhattan — renowned bodybuilding, powerlifting & wrestling training ground

- Trained a private roster of clients within one of New York City's most storied bodybuilding, powerlifting, and wrestling gyms, alongside competitive lifters and combat athletes.
- Applied ballet-informed mechanics and joint-care principles to raw strength training, improving lifting technique, mobility, and injury resilience for physique and strength athletes.
- Built individualized programs bridging classical movement discipline with hardcore strength-sport culture.

Private Strength & Therapy Trainer

Mandarin Oriental, Time Warner Center

- Delivered discreet, one-on-one sessions for guests and VIPs.
- Blended strength training with therapeutic rehabilitation to accelerate recovery and performance.

Senior Fitness & Ballet Specialist

Paris Health Club

- Led specialized ballet-based mobility classes and strength training for older adults.
- Focused on post-surgical recovery, joint health, and functional independence.

Elite Private Trainer

15 Central Park West

- Trained A-list actors, singers, Silicon Valley CEOs, and top media executives — preparing them for film roles, red-carpet appearances, and peak performance.
- Traveled internationally with production companies and their families, delivering on-location training and recovery support.
- Specialized in high-stakes physical transformations while maintaining total discretion.
- Worked concurrently with special-needs clients (polio survivors, autistic children, post-accident, and post-surgical cases), delivering tailored, results-driven programs.

ATHLETICS, COACHING & MILITARY (ITALY)

Track & Field Athlete — Pole Vault

Italian Military Team (Fiamme Gialle) & CUS Roma University Team | 1984–1993

Assistant Trainer (Apprentice) — Italian National Teams

Acqua Acetosa Sports Complex & Stadio dei Marmi, Rome | 1989–1993

- Supported elite athletes with conditioning, skill refinement, and injury-prevention strategies.

Military Instructor — Granatieri di Sardegna Operative Army Unit

1991–1992

- Delivered athletic training to active soldiers — building strength, speed, and endurance to enhance combat performance.
- Selected as military instructor to train Italian Fire Department personnel in operational protocols and emergency response.

Anti-Doping Collaboration

World Cup Track & Field Games, Rome | 1987

- Contributed to athlete monitoring and enforcement of global anti-doping standards.

EDUCATION

Italian Sports School — Rome, Italy

Specialized curriculum in athletics, coaching methodology, and sports science.