

**Cara Ferrone** is a 2001 High School graduate of Hopedale Jr. /Sr. High in Hopedale, MA. Immediately out of high school she attended a dental assisting program at The New England School of Dental Assisting and became an assistant. Cara was hired at an office in Franklin where she was employed for 12 years starting as a clinical assistant and working up to become a Nationally Board Certified Dental Assistant. She later advanced her position to a new location as Office Manager of an Orthodontic office in Westborough, MA.

In 2013 Cara became a member at a local Barre studio to get into tip top shape for her upcoming 2014 wedding and quickly became a “Barre-Addict.” Not too soon after her wedding Cara decided that she wanted to expand into the fitness world and teach her own classes. She signed up for Primary Barre Training and made the decision to switch careers from the only thing she had ever known, the dental world, to a whole new world, Fitness!

Cara worked as one of the main Instructors for a year and a half at the studio she has joined as a member. While creating amazing friendships with the members and staff, an opportunity arose to work even closer to home, at Express Dance & Acrobatics. With a husband that works a lot and a 10-year-old son, Tyler at home, it seemed like an opportunity that couldn't be passed up.

Full of passion and enthusiasm for new choreography, Cara is always changing up her routines, music mixes, cardio and abs for up to date sweat sessions and to give you the best workout possible!

“I love to be the person the members really dislike for an hour of their day and then LOVE you as soon as your workout is over and even more once they see results!”

Cara is CPR and AED trained and certified. In addition to maintaining certifications in Bootybarre, PiloxingBarre and JackRack Body Rock, she is currently enrolled in another program and soon will be AFAA certified.