

## Vicente Hernandez

Vicente Hernandez was born in Cuba and was an official member of the Cuban Olympic Gymnastics Team. After retiring from gymnastics, he designed an original syllabus in Body Conditioning and Injury Prevention for dancers, which became part of the curriculum for all students at the National Ballet School of Cuba. During his tenure at the school, he coached such renowned dancers as Lorna Feijóo, Carlos Acosta, José Manuel Carreño, and Joan Boada. He also trained Prima Ballerina Assoluta Alicia Alonso for many years, providing her with the tools to continue performing at a high artistic level well into her 70s.

From 1995 to 2007, Vicente was hired by Balé da Ilha in Brazil, to train both the company's professional dancers and students. Under his guidance, the company grew significantly in strength, technique, and overall physical conditioning. In 2007, he relocated to the United States, where he worked with the professional dancers and students of Orlando Ballet, the students of Milwaukee Ballet School, and the professional dancers of the National Ballet of Mexico.

In 2011, Vicente became the owner of Body and Energy Gym in Miami, Florida, where he served as a personal trainer for professional dancers, including those returning from serious injuries. During this time, he also coached Olympic gymnasts from the Universal Gymnastics Team and served as personal trainer to Daniel Leyva of the U.S. Olympic Gymnastics Team for the 2012 Summer Olympics.

In the summers of 2013 and 2014, Vicente worked with students in the ballet summer intensive *From Studio to Stage*, and later joined The School of Philadelphia Ballet's summer intensive programs in 2016 and 2017. Vicente is also a licensed professional acupuncturist, further enhancing his holistic approach to training, recovery, and

performance.