Sophia Frosoni '21 is from Neptune, New Jersey. She is a Freehold Academy of Performing Arts and Center Stage Alumni. After many years of training at both studios, Sophia continued her dance studies at Rider University, where she performed works by Megan Mazarick, John “Comix” Barella, Jennifer Gladney, and Kimberly Vaccaro. After graduating with her BA in Dance Science, she continued her studio work at Evolution Dance and Performing Arts Academy (Brick NJ), Rogers Dance Academy (Flemington NJ), and Perna Dance Center (Hazlet NJ). Drawing on her Dance Science background, Sophia teaches technique while helping students understand how to move safely, engage their muscles, and align their bodies. Sophia is a member of the street dance company, Redef Movement, where she trains in popping, locking, breaking, hip hop, miming and physical comedy. This company has performed at multiple NYC dance festivals along with World of Dance Rhode Island 2025.