

Sarah Wingo

SAG-AFTRA / AEA
www.sarahwingofitlife.com

TV/COMMERCIAL

The Marvelous Mrs. Masiel	Dancer	Chor. MargueriteDerriks
The Rolling Stones 50th Tour	Dancer	Chor. Mark Swanheart
Napa Auto Parts	Oddly Clean Lady	Prod. Shaun Campbell
Time Life Loves the 80	Co-host	Time Life Production
Cold EEZE	Sleep-mask Wife	Dir. Brendan Gibbons
Samsung Galaxy S10	Hand model	Prod. Leo Burnette
Geico/IFC	Mom	Cause + Effect
CNN NYE 2019	DJ Booth Dancer	Cause + Effect
WeTv/Between US/Alieve	Yoga Teacher	Cause + Effect
WeTV/ Weight Watchers	Book Club Friend	Cause + Effect
The Lost Day (feature)	Danni (supporting)	GPD Studios
Rockport Shoes	Main talent	Dir. Matthew Michaud
NYmag.com	Fitness Instructor	NYmag Editors
Shape.com	Fitness Instructor	Shape.com Editors
Teach Me How to Brushy (PSA)	Dancing Mom	Dir. Grady Britton

PRINT

CARTIER	Main talent	Prod. Cartier
BEACHBODY OPENFIT APP	Main talent	Mayhew Breen Prod
ROCKPORT SHOES	Fitness Model	Matthew Michaud
FILA/KOHL'S/SHAUN T	Fitness Model	Sanden Wolff Prod
DANCERS AMONG US	Dancer	Jorden Matter

PODCAST/VOICE OVER

LEGENDS & SPIRITS PODCAST	Co-Host	Newfound Studios
PILLSBURY 'WIDE EYES'	Southern Mom	
ESPN COLLEGE FOOTBALL	Southern Fan	Cameron Gross

THEATER

CATS (national tour)	Victoria	Dir. Richard Stafford
Dirty Rotten Scoundrels (tour)	Ensemble	Dir. Phil McKinley
CATS (Merry-Go-Round PH)	Victoria	Dir. Jacob Brent
CATS (NC Theater)	Victoria	Dir. Richard Stafford
Beauty and the Beast (Barter)	Ensemble	Dir. Richard Rose
Cabaret (Barter Theater)	Texas	Dir. Richard Rose
Guys N'Dolls (Barter Theater)	Swing/ensemble	Dir. Richard Rose

TRAINING

UNC School of the Arts: BFA Contemporary Ballet
The PIT: Improv/Sketch/Acting for Camera
Stacy Gallo and Phil Cassese: Commercial Improv
NASM: Certified Personal Trainer, CES, FNS, PES, WFS

SPECIALSKILLS

Dialects: Southern, NY, proper English, Russian
Weight lifting, yoga, ballet, jazz, barre
crochet, cross stitch, knitting
Podcast nerd

