

# Janelle Abbott Staley

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www.janelleabbottstaley.com

## Experience

Barre Instructor, Coastal Fitness, Kittery, ME – 2016-present

First barre instructor at community gym; helped market and build mind-body program.

Barre Instructor and Teacher Trainer, FUEL Training Studio, Newburyport – 2012-2015

Taught weekly Barre, Express Barre and Cardio Barre classes; co-created FuelBarre Method and led teacher trainings in Newburyport, MA and Portsmouth, NH.

Core Fusion Barre and Core Fusion Cardio Instructor, exhale spa, Boston – 2011-2012

Taught weekly wait-listed CF Barre and Cardio classes at exhale Boston's Back Bay studio.

Barre Instructor, Physique 57, NYC – 2008-2011

Taught daily wait-listed classes to celebrity clientele at both Manhattan studios. One of the first full-time instructors. Trained by the creator/founder Tanya Becker. Taught Barre, Express, and helped develop Prenatal Barre. Featured in the studio's first set of workout DVD's.

Dance and Conditioning Teacher, The Dance Annex Studio for the Dance Arts, 2013-present

Teach regular dance and fitness workshops to teens and adults, including Contemporary, Ballet, Core Conditioning and Pilates/Yoga Fusion.

Contemporary Jazz Teacher, Broadway Dance Center, Steps on Broadway, PMT Studios NYC

Adjudicator and Master Teacher, Ballet, Contemporary Jazz, Contemporary Ballet

Fluid Dance Conventions, Dancers Inc., Broadway Experience, N-House Productions

## Education

University of Utah – BFA in Ballet, *Olga V. Alexandria Merit Scholarship*

University of Michigan, Modern Dance Department, *Presidential Award*

School of Grand Rapids Ballet, *Merit Scholarship*

Continued dance training at Broadway Dance Center, City Center, Steps on Broadway, NYC  
Yoga at Sonic Yoga, NYC.

Studied Pilates at Power Pilates, NYC.

## Certifications

Core Fusion Barre and Core Fusion Cardio Certification

Physique 57 Barre Method

Power Pilates Mat Certification