

# Annelise Eastes

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Email: anneliseeastes@gmail.com

**Professional Objective:** Professional dancer and dance teacher currently available to teach master classes. I have seen firsthand the positive impact dance can have on those who experience and participate in it and I want to bring that benefit to as many people as possible.

## Education:

- Butler University BFA in Ballet Performance, Business Administration Minor
- School of Russian Ballet in Spain
- School of the Sacramento Ballet
- U.S. Olympic Committee Certified Trainer
- NASM Corrective Exercise Specialist
- ACE Personal Trainer Certification
- Zumba Basic Steps Level 1 Certification

## Experience:

### **Millennium Dance Complex Las Vegas:** (November 2019-present)

Currently teaching Barefoot Burlesque at Millenium Dance Complex. Barefoot Burlesque is a beginning/intermediate level class that fuses the tease of burlesque with the technique of contemporary dance.

Occasionally substitute teaching ballet and contemporary classes.

Previously taught a weekly Stretch & Tone class that combined stretching techniques traditionally used in the Vaganova method of ballet along with corrective and strengthening exercises adapted from the U.S. Olympic Committee and the National Academy of Sports Medicine curriculum.

### **Prodigy Training Center:** (September 2021-present)

Periodically filling in as a substitute teacher for ballet classes ranging from pre-ballet to advanced levels.

### **Vegas Dance Hub:** (May 2021)

Taught a virtual Burlesque Ballet class series as a guest teacher for Vegas Dance Hub on Zoom.

**Author:** (May 2019)

Author of “The New Rules of Cross Training for Dancers”, an e-book written to bridge the gap between classical dance training and exercise science. This book covers topics including weight lifting for dancers, mindset, nutrition, fitness myths, and how to track progress as well as sample workouts and warm ups.

**Arabesque Dance and Fitness:** (July 2019-August 2019)

Taught ballet, conditioning, and stretch at Arabesque Dance and Fitness and Soulfire Dance Studio for the summer session.

**MOVE by Morelli:** (December 2017-March 2019)

Taught ballet, tap, and jazz classes as a frequent substitute teacher for MOVE by Morelli.

**Belliston Academy of dance:** (July 2018)

Taught a masterclass on cross training for dancers at Belliston Academy of Dance.

**Matrix Fitness and Spa:** (September 2018-March 2019)

Worked with gym members one-on-one as a personal trainer and taught group classes in barre, Zumba, TRX, and circuit training. Also worked as a receptionist while building an initial clientele.

**24 Hour Fitness:** (June 2017-January 2019)

Worked as a personal trainer at the Colorado Yale location of 24 Hour Fitness in Denver. Assisted with management tasks such as tracking hours, sessions, and budget metrics. Occasionally led small group training, group exercise classes, and workshops as well.

**Whole Health Club:** (February 2018-March 2018)

Taught a group fitness class as part of a six week weight loss challenge at Whole Health Club.

**Kim Robards Dance:** (June 2017-November 2017)

Danced professionally with Kim Robards Dance, taught ballet classes, and performed various administrative tasks.

**Collabratory:** (March 2018-August 2018)

Taught Zumba classes at the Collabratory, a dance studio for adults.

**Dream Academy:** (August 2016-May 2017)

Taught outreach dance classes to students ages 8-12 at Dream Academy in Indianapolis.