

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-November 2022)

Taught a weekly Barefoot Burlesque class at Millenium Dance Complex in Las Vegas, NV. Barefoot Burlesque is a beginning/intermediate level class that fuses the tease of burlesque with the technique of contemporary dance.

Substituted ballet and contemporary classes.

Taught a weekly Stretch & Tone class for the first year of employment. This class 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-September 2022)

Substituted ballet classes ranging from pre-ballet to advanced levels at Prodigy Training Center in Las Vegas, NV.

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 in Las Vegas, NV.

MOVE by Morelli: (December 2017-March 2019)

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

Belliston Academy of dance: (July 2018)

Taught a masterclass on cross training for dancers at Belliston Academy of Dance in Littleton, CO.

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 at Matrix Fitness and Spa in Denver, CO.

24 Hour Fitness: (June 2017-January 2019)

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

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 in Denver, CO.

Academy of Kim Robards Dance: (June 2017-November 2017)

Taught pre-ballet and ballet 1 at the Academy of Kim Robards Dance in Denver, CO.

Collabratory: (March 2018-August 2018)

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

Dream Academy: (August 2016-May 2017)

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