

Annelise Eastes

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Professional Objective: Professional dancer and dance teacher seeking a position teaching dance classes. I have seen firsthand the 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:

Dance and Fitness Instructor: (November 2019-present)

Currently teaching Barefoot Burlesque and Stretch & Tone at Millenium Dance Complex in Las Vegas. Barefoot Burlesque is a beginning/intermediate level class that fuses the tease of burlesque with the technique of contemporary dance. Stretch & Tone combines 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 for dancers.

Virtual Dance Instructor: (May 2021)

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

Freelance Dancer: (October 2017-present)

Currently directing and performing in weekly collaborative projects shared virtually. Awarded Top New Creator on Patreon and featured by Thrive Global, Voyage LA, Medium, and the Culture Class Podcast. Performed with Instrumental Bodies, the Beverly Project, The Event People, Insomniac Entertainers, Champagne Creative Group, Moraporvida Dance Company, Impuls

Dance, Beston Entertainment, Champagne 6 Entertainment, and the Collaboratory Performance Company as a ballet, contemporary, gogo, and hip hop dancer.

Dance Instructor: (July 2019-August 2019)

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

Substitute Dance Instructor: (December 2017-March 2019)

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

Masterclass Instructor: (July 2018)

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

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.

Matrix Fitness and Spa Personal Trainer and Group Exercise Instructor: (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 Personal Trainer: (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.

Bootcamp Instructor: (February 2018-March 2018)

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

Dance Company Member and Academy Instructor: (June 2017-November 2017)

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

Zumba Instructor: (March 2018-August 2018)

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

Volunteer Teacher: (August 2016-May 2017)

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