



Paige Sealey

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Profile

Originally from West Coast Canada, Paige began training in dance since the age of three. Her professional career has given her the opportunity to perform, teach, choreograph, and judge across Canada, the United States, Southeast Asia, Japan, Mexico and the Caribbean on cruise ships and both national and international tours. Fitness has become a huge part of her life and teaching is her number one passion. She uses her technical background and deep understanding of form to motivate and inspire clients through visual and verbal cues. Her aims to help people reach their health and wellness goals in a strong and safe way with along with an upbeat attitude and positive energy. Paige is currently in the process of obtaining her NASM Personal Training Certification.

Experience

INSTRUCTOR, ALIVE MINDBODY, VICTORIA BC – 2020 - PRESENT

Sought after instructor offering in person, live virtual and on demand classes in the styles of Classic Barre, Precision Barre Sculpt, Barre Blast, Barre Burn and Tone

LEADER, ANNEX FITNESS, VICTORIA BC – 2020 - PRESENT

Instructor at #1 local fitness studio leading online and in person group fitness classes in athletically based barre method

INSTRUCTOR/AMBASSADOR, JETSWEAT FITNESS – 2019 - PRESENT

Creates, demonstrates, promotes and instructs home workout videos for digital streaming platform

SALES ASSOCIATE, ORANGETHEORY FITNESS, VICTORIA BC – 2020-2021

Reached out to potential clients, booked intro sessions, sold memberships, looked after member care and studio care/cleaning

TRAINER, MODELFIT; NEW YORK NY – 2019

Group fitness instructor leading classes in Sculpt, Cardio Sculpt and Dance Cardio at upscale, boutique studio. Social Media advertisement to fill classes. Personally curated playlists. Opportunity for one-on-one training sessions

INSTRUCTOR/FRONT DESK STAFF, POP PHYSIQUE; NEW YORK, NY – 2017-2020

Barre instructor at boutique studios in Manhattan. Lead group classes in the Pop Physique ballet based barre method. Was selected to be part of the opening team of a new location. Also performed receptionist duties and is fully versed in Mindbody

BARRE INSTRUCTOR, CHELSEA PIERS FITNESS; NEW YORK NY – 2019-2020

Substitute fitness instructor of barre classes for gym members

SET, COREPOWER YOGA; NEW YORK NY – 2019

Member of the Studio Experience Team helping maintain a clean studio and welcoming environment for students and staff

AMBASSADOR, MOKSHA YOGA; VICTORIA BC – 2016

Selected as a studio ambassador to maintain studio cleanliness and presentation