



## 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. Paige most recently resided in Southern California before making the move to New York to pursue her Broadway Dreams. 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. Paige 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.

### Experience

#### **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 and participated in filming of online streaming classes

#### **BARRE INSTRUCTOR, CHELSEA PIERS FITNESS; NEW YORK, NY – 2019 - PRESENT**

Substitute fitness instructor for barre classes at Chelsea Piers fitness Chelsea and Brooklyn locations. Creates exercises and playlists to fit the member needs of well known gym

#### **INSTRUCTOR/DESK STAFF, POP PHYSIQUE; NEW YORK, NY – 2017 - PRESENT**

Barre instructor at boutique studio in Manhattan. Leads group classes in the Pop Physique ballet based barre method. Was part of the opening team of a new studio. Also performs receptionist duties and is fully versed in Mindbody

#### **INSTRUCTOR, JETSWEAT; NEW YORK, NY – 2019**

Demonstrates and instructs workout videos for popular online streaming platform.

#### **SET, CORE POWER YOGA; NEW YORK, NY – 2019**

Member of the Studio Experience team at CorePower Yoga helping maintain a clean studio and welcoming environment for students and staff

#### **AMBASSADOR, MOKSHA YOGA; VICTORIA, BC, CANADA – 2016**

Selected as a studio ambassador to maintain cleanliness in exchange for classes