

Calleja Smiley Welsh

Certified Pilates Instructor

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Certifications

STOTT Pilates Fully Certified Instructor | 2011-present
Matwork, Reformer, Cadillac, Chair and Barrels

Post-Rehabilitation Conditioning Specialist

- Private Pilates instruction business owner since 2017
- Studio employed instructor in NYC, San Francisco Bay Area, Metro-Detroit, and Houston since 2011
- Expert provider of individualized care within the Pilates methodology of movement
- Experienced group class and private session instructor

Stott Pilates Workshops and CECs

2023 | Myofascial Continuities

2022 | Athletic Conditioning on the Mat, Prenatal Pilates on the Mat, Ultimate Body Sculpting Flexband

2021 | Advanced Cadillac, Chair and Barrel

2020 | Essential Matwork with a Fascial Focus, Pilates Matwork for Men, Bodyweight Training

2019 | Advanced Matwork and Reformer

2017 | Postural Analysis

2016 | Flexion Free Programming, Scoliosis Management, Shoulder Girdle Stability and Function

2015 | Mini Stability Ball, Matwork Flow with Weights, Personal Training
Reformer

2014 | CORE Power and Stamina Medicine Ball Training, Halo Foundations to Integrated Bodyweight Training, Reformer with Platform Extender

2013 | Athletic Conditioning on the Stability Chair, Stabilization Principles, Reformer Intervals on Accessory Boards

2012 | Lumbo-Pelvic Region Stability and Function, Programming for Osteoporosis Management, Secret to a Strong Back

Education

2022-present
**MFA Candidate in Creative Writing,
Poetry Concentration,
Columbia University**

2012-2016
**BFA in Dance Performance,
Dominican Univ. of CA, Lines Ballet**

Employment

2017-present | **Senior Pilates Trainer**
Kinespirit Gyrotonic and Pilates | NYC

2018-2020 | **Pilates Mat and
Equipment Trainer**
Equilibrium Physical Therapy, 2nd Story
Pilates and Yoga | NYC

2017-2020 | **Group Class and Private
Pilates Trainer**
Elite Body Pilates, The Yoga Room |
NYC

2017 | **Total Body Sculpt and Pilates
Trainer**
Core Connection Pilates | Metro Detroit

2013-2017 | **Group Class and Private
Pilates Trainer**
Mindful Pilates, Urban Guerrilla Fitness
| Bay Area, CA

2014-2015 | **Group Class and Private
Pilates Trainer**
Begin Pilates | Bay Area, CA

2013 | **Pilates Specialist**
Muscle Activation SF | San Francisco

2011-2012 | **Group Class Pilates
Instructor**
Fitcasa Inc, 3D Fitness | Houston