

# Calleja Smiley Welsh

## Certified Pilates Instructor

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248-342-4919

181 Claremont Ave, Apt 33

NY, NY 10027

## Certifications

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**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

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**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

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

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

## Employment

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

2018-2020 | **Pilates Mat and Equipment Trainer**  
Equilibrium Physical Therapy, 2<sup>nd</sup> 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