

Calleja Smiley Welsh

Certified Pilates Instructor

Brooklyn, NY
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248-342-4919

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

2025 | Sculpt and Tone Flex-Band L1, Armchair Pilates with Hand Weights, Soft Kettlebell Standing Power and Strength Training

2024 | Centered Strength with the Flex Band, Ultimate Back Care

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

Columbia University

MFA in Creative Writing, Poetry Concentration |
2022-2025

Dominican Univ. of CA / Lines Ballet

BFA in Dance Performance, Minor in Arts Management | 2012-2016

Pilates Instructor Employment

Roles:

- Senior Trainer
- Group Mat and Reformer Instructor
- Private Trainer
- Pre / Postnatal Instructor
- Post-rehab Private Trainer
- Total Body Sculpt Cardio Trainer

New York City

Kinespirit Riverside Gyrotonic & Pilates | 2017-present

2nd Story Pilates & Yoga | 2019 – 2023

Charlotte Blake Pilates | 2019 – 2020

Equilibrium Physical Therapy | 2018- 2020

Elite Body Pilates | The Yoga Room 2017-2020

Metro-Detroit

Core Connection Pilates | 2017

Bay Area

Mindful Pilates | Fuerza Pilates | 2013-2017

Begin Pilates | 2014-2015

Muscle Activation SF | 2013

Houston

Fitcasa Inc | 3D Fitness 2011-2012