

# Calleja Smiley Welsh

## Certified Pilates Instructor

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Brooklyn, NY  
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248-342-4919

### 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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**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

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#### 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

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#### 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

**2<sup>nd</sup> 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