

Jenny

Certified Instructor

About Me

Jenny has taught dance in the St. Louis area since 2001 in modern, contemporary, hip-hop, jazz, ballet, and tap. She trained and worked as a dancer, dance educator, model and actress throughout the St. Louis area since she obtained her BA in dance from Lindenwood University in 2009. She was a founding member of The Big Muddy Dance Company and was also a member of Leverage Dance Theater. Last year she started teaching with Dancing Classrooms, a social development program teaching 5th graders ballroom dance. She still performs with entertainment company, Vivant Entertainment and does commercial work with Talent company, TalentPlus. She continues to choreograph, teach dance, fitness, and yoga to all ages in the St. Louis area. Spreading love and joy through movement and dance!

Fun Fact

I love to cook!

Motivation

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. -Martha Graham



Classes

Barre Class

Monday at 10:30 a.m. (GFS)

Chair Yoga

Wednesday at 10:30 a.m.
(GFS)