

**Keisa J. Parrish**  
[Keisa.Parrish@gmail.com](mailto:Keisa.Parrish@gmail.com)  
[www.KeisaParrish.co](http://www.KeisaParrish.co)  
**347-821-7548**

My vision as a dance teacher (for the past 24 years), educator and administrator is to push performers to see the best in themselves so that they continue to strive for their best as it changes and improves over time. I strive to give them knowledge of all different dance techniques and how to implement them in class, on stage and beyond. As a Fitness teacher for the past 12 years, my vision is to be a humorous, loving and encouraging example to my students. I want to empower them with compassion to keep evolving without losing their sense of self.

**Certification:** 500 Hour Yoga, Barre Method, TRX, Pilates, Certificate from YogaWorks - Through the YogaWorks program I've learned the discipline to teach and practice into one's challenges gently, patiently and persistently.

#### **Teaching Experience: Fitness**

**Luebirta & Kaleonani Inc**

Yoga, Pilates, Strength Training & Conditioning ,  
Mindfulness, Stress Management, Injury prevention

**Clay Gym@ 14<sup>th</sup> St**

Pilates w/ Props, SculptCardio, Dancer's Abs, Dance Fusion

**YogaWorks**

SculptWorks, Barworks, TRX, Pilates, Danceworks

**Sports Club LA/NY Rockefeller Center**

Dance Fusion (Sub for Zumba)

**Various Bachelorette Parties**

Pole Dancing

#### **Teaching Experience: Dance & Choreography**

Luebirta & Kaleonani Inc Performing Arts Program

via Zoom

Interlochen Center for the Arts Musical Theater Summer Session

Detroit, MI

Next Step Broadway

Jersey City, NJ & Detroit, MI

Elite Dance Challenge

East Coast Area

Dancers Inc. Competition/Convention

Tri-State Area

Hal Jackson's Talented Teens Competition Int'l

St. Thomas USVI & New York City

Harlem School of the Arts

New York City

The Rockette Experience

Radio City Music Hall

The Ailey School (Pre-Professional Division)

New York City

Shoreline Dance Academy

Neptune, New Jersey

YMCA Westside Academy

New York City

Virtuosity Vivian Reed Production

New York City

Board of Education

New York City

Hawthorne Dance Academy

Los Angeles, CA

#### **Performing Experience**

##### **Stage**

Music, Dance, Romance

Dancer

Jette Company

Radio City Christmas Spectacular

Rockette

Radio City Entertainment

"102 Dalmatians" Film Premiere

Rockette

Disney/Radio City Entertainment

"Romeo and Juliet" Premiere

Dancer

Jody Rippley

Rockefeller Center Ice Rink Opening

Rockette

Radio City Entertainment

"For Colored Girls..."

Green Girl

Fordham Univ./ Lincoln Center

Genesis Dance Company

Dancer

Karen Arceneaux

9/11 Remembrance

Dancer

Tattooed Ballerinas

##### **Television**

TODAY Show

Rockette

NBC Television

Tribeca Film Festival

Dancer

Jody Rippley- Choreographer

The Caroline Rhea Show

Rockette

NBC Television

Iyanla Vanzant for Nieman Marcus Rockette CBS Television

**Print/Modeling**

Bloomington's 2002 Christmas Catalog  
DANCE Magazine  
Gotham Magazine  
W Hotel Times Square Holiday Promotion  
Diet Coke 21st Birthday Campaign

**Training/Education:**

YogaWorks Teacher Training	Yoga/Barworks/Pilates/TRX/Sculptworks
Fordham University LC/The Ailey School	BFA Dance
Hawthorne Dance Academy- Los Angeles, CA	Tap, Jazz, Ballet, Modern, Hip-Hop
Universal Dance Design Paul & Arlene Kennedy	Tap, Jazz, Ballet, Modern, Hip-Hop
LA County High School for the Arts-Graduate	Tap, Ballet, Modern

**Special Skills**

Acting, Driving (automatic & Standard), Professionally Media Trained, Mother, Singing, African Dance, American Sign Language, Improvisation, Basketball, Swimming, Pole Dancing