

AMY WEST BIOS

Assistant Professor of Dance | Health & Wellness Coach

Director, MPulse Dance Institute

School of Music, Theatre & Dance | University of Michigan

Condensed Bio

Amy West is an Assistant Professor of Dance and a Health & Wellness Coach at the University of Michigan's School of Music, Theatre & Dance, following a 24-year professional dance career. She is certified by the Mayo Clinic and the National Board of Health & Wellness Coaches and holds certifications in Personal Training and Health Coaching through the American Council on Exercise (ACE), as well as Pilates, Essentrics, Progressing Ballet Technique (PBT), and Nutrition through Precision Nutrition. She is the Director of the MPulse Dance Institute at the University of Michigan, a summer program for high school students, and offers personalized coaching and wellness workshops for musicians, elite athletes, and everyday movers through amywestwellness.com. She has choreographed musical theatre productions of *Oklahoma!* and *Annie* and presented at both the International Association for Dance Medicine and Science (IADMS) and the National Dance Education Organization (NDEO) conferences. In May 2024, she curated and produced *Women Defining Themselves*, followed in May 2026 by *The Women Who Move Us*, both benefit fundraisers supporting the Scott Pranger ALS Center at Michigan Medicine.

Wellness-Focused Bio

Amy West is an Assistant Professor of Dance and a Health & Wellness Coach at the University of Michigan's School of Music, Theatre & Dance, following a 24-year professional dance career. She is certified by the Mayo Clinic and the National Board of Health & Wellness Coaches and holds certifications in Personal Training and Health Coaching through the American Council on Exercise (ACE), as well as Pilates, Essentrics, Progressing Ballet Technique (PBT), and Nutrition through Precision Nutrition. She is the Director of the MPulse Dance Institute at the University of Michigan, a summer program for high school students. Through her practice, Amy West Wellness, she offers personalized coaching and wellness workshops for musicians, elite athletes, and everyday movers, with a particular emphasis on supporting women in cultivating

strength, resilience, and well-being throughout their lives. She has choreographed musical theatre productions at the Encore Musical Theatre Company, including *Oklahoma!* and *Annie*, and has presented wellness workshops at both the International Association for Dance Medicine and Science (IADMS) and the National Dance Education Organization (NDEO) conferences. In May 2024, she curated and produced *Women Defining Themselves*, followed in May 2026 by *The Women Who Move Us*, both benefit fundraisers supporting the Scott Pranger ALS Center at Michigan Medicine.

Short Bio

Amy West is an Assistant Professor of Dance and Health & Wellness Coach at the University of Michigan's School of Music, Theatre & Dance, following a 24-year professional career as a ballet dancer with internationally renowned companies. She is the Director of the MPulse Dance Institute at the University of Michigan and a certified Health & Wellness Coach through the Mayo Clinic and the National Board of Health & Wellness Coaches. She also holds certifications in Personal Training and Health Coaching through the American Council on Exercise (ACE), as well as Pilates, Essentrics, Progressing Ballet Technique (PBT), and Nutrition through Precision Nutrition. Amy offers personalized wellness and movement coaching through Amy West Wellness and presents workshops nationally and internationally. She is also a choreographer, producer, and educator, having choreographed *Oklahoma!* and *Annie* and produced the benefit concerts *Women Defining Themselves* and *The Women Who Move Us*, supporting the Scott Pranger ALS Center at Michigan Medicine.

Long bio for university setting

Amy West is an Assistant Professor of Dance and the Health & Wellness Coach at the School of Music, Theatre & Dance at the University of Michigan, where she has been a member of the Dance faculty since 2009. She is also the Director of the MPulse Dance Institute at the University of Michigan, a summer program for high school dancers. Prof. West is a dedicated educator, teaching ballet technique, ballet repertoire, pointe, Teaching Methods & Dance Pedagogy, and the First-Year Seminar, whose curriculum she pioneered. She also mentors senior BFA capstone concerts, guiding students through the final steps of their academic journey.

Her 24-year career as a professional ballet dancer and freelance artist includes performances with Pennsylvania Ballet, Ballet West, Colorado Ballet, and New Jersey Ballet, as well as principal

roles with Nevada Dance Theatre and David Taylor Dance Theatre. She has appeared as a featured soloist with the Santa Fe Opera, Opera Colorado, Seattle Opera, and Dallas Opera. Her international experience includes training and performing with the Deutsche Staatsoper Ballet, Bayerische Staatsoper Ballet, and Paris Opera Ballet, as well as scholarship at the David Howard Studio in New York City. She holds a BFA from the University of Utah, where she received the William F. Christensen Scholarship.

Prof. West is a certified Health & Wellness Coach through the Mayo Clinic and the National Board of Health & Wellness Coaches. She also holds certifications in Personal Training and Health Coaching through the American Council on Exercise (ACE), as well as Pilates, Essentrics, Progressing Ballet Technique (PBT), and Nutrition through Precision Nutrition. Through her practice, Amy West Wellness, she brings together her expertise in movement, wellness, and nutrition to offer personalized coaching and workshops for musicians, elite athletes, and everyday movers, with an emphasis on helping individuals cultivate strength, resilience, and well-being throughout their lives.

At the Michigan Ice Dance Academy, founded by Olympic medalists Charlie White and Tanith Belbin, she served as ballet coach, wellness coach, and on-ice coach for internationally ranked ice dancers. Her past teaching credits include the New Jersey School of Ballet, the Ruth Page Center for the Arts, David Taylor Dance Theatre, and guest teaching with the Santa Fe Opera Apprentice Artists Program. She also founded The Dancer's Studio in Littleton, Colorado.

Prof. West has made significant contributions as a choreographer, producer, curator, and fundraiser. She choreographed *Oklahoma!* and *Annie* at The Encore Musical Theatre Company and has created and produced benefit performances supporting ALS research and awareness. In May 2024, she curated and produced *Women Defining Themselves*, followed in May 2026 by *The Women Who Move Us*, both benefit fundraisers supporting the Scott Pranger ALS Center at Michigan Medicine.

Prof. West presents regularly at national and international conferences, including the International Association for Dance Medicine and Science (IADMS) and the National Dance Education Organization (NDEO). Drawing on decades of experience as a performer, educator, and wellness professional, she brings a unique perspective to supporting individuals in building sustainable, healthy, and fulfilling lives.

Long bio for non-university setting:

Amy West is an Assistant Professor of Dance and the Health & Wellness Coach at the School of Music, Theatre & Dance at the University of Michigan, where she has been a member of the Dance faculty since 2009. She is also the Director of the MPulse Dance Institute at the University of Michigan, a summer program for high school dancers. Ms. West is a dedicated educator, teaching ballet technique, ballet repertoire, pointe, Teaching Methods & Dance Pedagogy, and the First-Year Seminar, whose curriculum she pioneered. She also mentors senior BFA capstone concerts, guiding students through the final steps of their academic journey.

Her 24-year career as a professional ballet dancer and freelance artist includes performances with Pennsylvania Ballet, Ballet West, Colorado Ballet, and New Jersey Ballet, as well as principal roles with Nevada Dance Theatre and David Taylor Dance Theatre. She has appeared as a featured soloist with the Santa Fe Opera, Opera Colorado, Seattle Opera, and Dallas Opera. Her international experience includes training and performing with the Deutsche Staatsoper Ballet, Bayerische Staatsoper Ballet, and Paris Opera Ballet, and on scholarship at the David Howard Studio in New York City. She holds a BFA from the University of Utah, where she received the William F. Christensen Scholarship.

Ms. West is a certified Health & Wellness Coach through the Mayo Clinic and the National Board of Health & Wellness Coaches. She also holds certifications in Personal Training and Health Coaching through the American Council on Exercise (ACE), as well as Pilates, Essentrics, Progressing Ballet Technique (PBT), and Nutrition through Precision Nutrition. Through her practice, Amy West Wellness, she brings together her expertise in movement, wellness, and nutrition to offer personalized coaching and workshops for musicians, elite athletes, and everyday movers, with an emphasis on helping individuals cultivate strength, resilience, and well-being throughout their lives.

At the Michigan Ice Dance Academy, founded by Olympic medalists Charlie White and Tanith Belbin, she served as ballet coach, wellness coach, and on-ice coach for internationally ranked ice dancers. Her past teaching credits include the New Jersey School of Ballet, the Ruth Page Center for the Arts, David Taylor Dance Theatre, and guest teaching with the Santa Fe Opera Apprentice Artists Program. She also founded The Dancer's Studio in Littleton, Colorado.

Ms. West has made significant contributions as a choreographer, producer, curator, and fundraiser. She choreographed *Oklahoma!* and *Annie* at The Encore Musical Theatre Company and has created and produced benefit performances supporting ALS research and awareness. In May 2024, she curated and produced *Women Defining Themselves*, followed in May 2026 by *The Women Who Move Us*, both benefit fundraisers supporting the Scott Pranger ALS Center at Michigan Medicine.

Ms. West presents regularly at national and international conferences, including the International Association for Dance Medicine and Science (IADMS) and the National Dance Education Organization (NDEO). Drawing on decades of experience as a performer, educator, and wellness professional, she brings a unique perspective to supporting individuals in building sustainable, healthy, and fulfilling lives.