

# **Janae Steward**

Janae's love for dance and musical theatre began at a young age and has shaped a lifelong passion for performing, teaching, and inspiring others. She earned her Bachelor of Arts in Musical Theatre and Dance from Colorado Mesa University (formerly Mesa State College), where she studied with distinguished guest artists and attended the American College Dance Festival multiple times, expanding her training with instructors from across the country.

While at CMU, Janae performed memorable roles including Dorothy in The Wizard of Oz and Mary Sunshine in Chicago. She also performed locally with Cabaret Dinner Theatre before joining The Prather Dinner Theatres in Pennsylvania and Florida in 2007, performing in Joseph and the Amazing Technicolor Dreamcoat.

Janae has enjoyed working with young performers through Steps to Broadway and Grand Junction Parks and Recreation and danced with the nonprofit dance company Beyond Boundaries. For the past 20+ years, she has built a career in the fitness industry, teaching a wide variety of group exercise formats including dance fitness, Pilates, strength and conditioning, and cycle.

Today, Janae serves as an adjunct faculty member in the Colorado Mesa University Department of Kinesiology, teaches at Mesa Fitness, and treasures her favorite role as mom to three amazing kids. She is thrilled and honored to join the Absolute Dance family and looks forward to sharing her passion for dance and performing with the next generation.