

Jessica Triest

Jessica (Jessie) Triest is a Colorado native who grew up in Colorado Springs, where she trained and competed in dance for 16 years. She went on to earn her Bachelor of Fine Arts in Dance from Colorado Mesa University before dancing professionally with a modern dance company.

After marrying her husband, Connor, Jessie relocated to Houston, where together they owned and operated Studio 7 Dance Company from 2023 to 2026. She is excited to have recently returned to the Grand Valley, where she looks forward to investing in and enriching the local performing arts community.

As an educator, Jessie is passionate about dance not only as an art form but also as a powerful tool for personal growth. She believes in fostering a strong mind-body connection while encouraging curiosity, musicality, and creative exploration. Her teaching philosophy empowers dancers to take ownership of their development, cultivate confidence, and become lifelong learners and lovers of the art of dance.