

Executive Biography – Michele Dolaway



Michele Dolaway is the Co-Founder of REYA Barre & Yoga and an accomplished instructor whose career spans classical dance, healthcare, and fitness. Through years of professional dance training and performance, including her time as a member of the Philadelphia 76ers dance team, Michele developed a deep understanding of movement, precision, and disciplined body control early in her career.

Michele brings more than a decade of experience teaching across multiple industries and holds an extensive list of professional certifications, including Balanced Body Pilates Mat, Barre, and Reformer, IMX Pilates Reformer, and the Yoga Alliance 200-hour RYT credential. Her background as a certified nurse guides her approach to safe movement, enabling her to train clients with a unique perspective on injury prevention, mobility, and recovery.

As co-founder of REYA, Michele has been deeply involved in developing the studio's teaching philosophy. Alongside her business partner, Alyssa Beerger, she created REYA's barre teacher training program. Michele is known for her clear, supportive teaching style and her ability to tailor movement to meet the individual needs of clients.

Outside of the studio, Michele enjoys spending time with her husband, three daughters, and beloved dog, Teddy, who occasionally joins her in the studio. Her commitment to mindfulness and community extends into her personal life, where she values balance, connection, and the joy of everyday moments.