



Miss Tressa started dancing at the age of 9 and found dance to be a way for her to express many emotions. During her years of dance education, she competed on various dance teams at her home studio and on her high school's dance team. In college, Miss Tressa danced for the Bay Path College Dance Team as well as participated in the Bay Path College Theater productions. After graduating with a Bachelor's degree in Psychology and Early Childhood Education, Tressa continued dancing with Manchester Musical Players. After the birth of her two children, she became a certified Zumba® instructor and an AFAA certified group fitness instructor. She is thrilled to be part of the Dance Express teaching team since 2009, and have the opportunity to combine her experience, her skill of teaching young children and passion for dance.