

**Betty Nicolay**  
**Adjunct Lecturer**  
**Department of Dance**  
**College of Fine Arts & Mass Communication**  
**Sam Houston State University**

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**Degrees Earned:**

Master of Education, Curriculum and Instruction, University of Texas/Austin, 1974

Bachelor of Science, Elementary Education, Texas Christian University, 1973

**Professional Certifications:**

2017-Balanced Body Pilates Master Instructor Certification for Balanced Body Movement Principles

2015-Balanced Body Pilates Master Instructor Certification for Pilates Apparatus

2014- Balanced Body Pilates Master Instructor Certification for Mat and Reformer

2014-BASI Pilates Dance Specialization Certification

2012-American Ballet Theatre National Curriculum Training Certification for Levels Primary-III

2012-PMA (Pilates Method Alliance) Certification

2008-Thai Yoga Massage Certification

2006-Core Connections Pilates Certification; fully certified for Matwork and all equipment

1973-Texas Teachers Certificate, grades 1-8

**Work or Professional Experiences:**

**2008-Present**

**Sam Houston State University Department of Theatre and Dance**, Adjunct Lecturer of Ballet, Pilates, Folk and Social Dance Forms, Dance History, Pilates Teaching Methods, Graduate Pilates Teaching Methods.

**2015-Present**

**Huntsville Dance Connection**, Pilates Instructor, Pilates Personal Trainer. Pilates Teacher Trainer.

**2014-Present**

**Balanced Body Inc.**, Master Instructor of Balanced Body Pilates Mat and Reformer teachers, 2014.  
Master Instructor of Balanced Body Pilates Apparatus teachers, 2015.  
Master Instructor of Balanced Body Pilates Movement Principles teachers, 2017.

**2016-2018**

**SHSU Summer Dance Intensive**, Teacher of ballet and Pilates for all levels.

**2018**

**January 26-28**

**Balanced Body Pilates Reformer 3 Instructor Training**, Master Instructor.

**February 17**

**Balanced Body Comprehensive Pilates Instructor Test-out**, Examiner.

**February 26**

**Balanced Body Pilates Mat Instructor Test-out**, Examiner.

**May 14-16**

**Balanced Body Pilates Reformer 1 & Movement Principles Instructor Training**,  
Master Instructor.

**May 18-20**

**Balanced Body Pilates Trapeze Table, Chair and Barrels Instructor Training:**  
**Module 3**, Master Instructor

**June 12-16**

**Balanced Body Pilates Reformer 3 Instructor Training**, Master Instructor.

**2006-2015**

**Huntsville Health Movement**, Pilates Instructor, Pilates Personal Trainer, Thai Yoga Massage Practitioner.

**2000-2002**

**Sam Houston State University Department of Theatre and Dance Preparatory Program**, Ballet teacher.

**1981-1984**

**Contemporary Dancers Canada**, (formerly Winnipeg's Contemporary Dancers) under the artistic direction of Rachel Browne, Bill Evans, and Tedd Robinson. Apprentice (1 season) and full company member (3 seasons). Performances of company repertory in Winnipeg and on tour across Canada including choreography by the following:

Bill Evans

The Legacy

Prairie Fever

Judith Marcuse

Celebrations

Lynn Taylor-Corbett

now I'm John

Spy in the House of Love (Lady in Black)

Charles Moulton

Motor Party

Rodney Griffin

Rialto ("Turning Girl" solo and "New Boy in Town" duet)

Rosalind Newman

Maps: In a Red City

Dan Wagoner

Spiked Sonata

Rachel Browne

Jest of God (and for CBC television broadcast)

Tedd Robinson

Attitudes of Risk and Uncertainty

Who Could Ask?  
Stephanie Ballard  
Prairie Song  
Christmas Carol  
Marathon  
Wintergarden

**1981**

**Houston Grand Opera**

Dance roles in the following:  
“Adriana Lecouvreur”  
“Un Ballo en Maschera

**1980**

**Theatre Under the Stars**

“Bye-Bye Birdie” (dancer/singer and feature role as “Sad Girl”).

**Funded External Grants:**

Manitoba Arts Council Grant, 1983, for summer study at Toronto Dance Theatre

Manitoba Arts Council Grant, 1984, for Bill Evans Intensive Workshop in Winnipeg

**Professional organizations:**

Corps de Ballet International

Pilates Method Alliance