

Samantha Ward - Owner/Operator and Instructor at the Downtown Barre - Core Barre / Core Suspend, Yoga and Indoor Cycle Instructor Samantha is formally trained in the Royal Academy of Dance Method (RAD) and as an Associate Teacher of the Imperial Society of Teachers of Dance (ISTD). She danced professionally in Italy before embarking on her dance teaching career and family life. Samantha taught dance for 14 years in her hometown of Devon, England. She moved to the US in 2009. Combining her passion for dance and fitness, she became certified to teach Core Barre in 2012 and Core Suspend in 2013. Spinning is her latest certification that she has added to her resume. Samantha has three children and loves raising them at the beach.