

JR Combest - Tap, Hip Hop, Jazz, Musical Theater, Fitness Conditioning

JR is kicking off her 19th season at B. Funk Dance Company. She has studied all styles dance and has been teaching & choreographing in the DC, Maryland, Virginia, and Pennsylvania for the past 20 years. She has participated in various workshops such as DMA, NUVO, NYDCA, JUMP, and Monsters of Hip Hop. She is certified through the national organization Dance Masers of America to teach ballet, tap, and jazz.

She has been a member of the Towson (State) University Dance Company, the Towson (State) University Dance Team, and the MD All-Star Twisters Open Dance Team. When she is not dancing you can find her teaching classes at Life Time Athletic in Columbia. Over the past 9 years she has expanded her love of dance fitness from ZUMBA and Cardio Dance Jam to Total Body Conditioning classes, Strength & Cardio Circuit classes, INSANITY, Tabata, H.I.I.T. (High Intensity Interval Training), and Shockwave IndoRow Circuit classes. She hopes to add more to this arsenal in the next year including Kettlebell Kombine classes, a TOUGH MUDDER and a SPARTAN race.

She is excited for the opportunity to work with all the talent that DMA has produced in Williamsburg!

“Fame is Man-Given...Be grateful
Conceit is Self-Given... Be Careful
AND always remember
Talent is God-Given... BE HUMBLE.”

- John Wooden”

Passion... Life... Dance