

Sammy McGilvray began gymnastics and dance at a young age, progressing quickly and winning numerous titles at the local, state, and national levels. She is an EXPRESS alumnus and began assisting in the gym while still a student. She continued dancing throughout college; as a member of the dance club, she was selected for numerous contemporary, jazz, hip-hop, and musical theater pieces. She graduated from Roger Williams University in 2013 with her bachelor's degree in Anthropology + Sociology and French. Upon graduation, she moved across the world to Reunion Island to teach English. In 2014, she discovered pole fitness and aerial arts, which has opened her up to another world of dance and acrobatics. She is becoming an accomplished performer in the aerial arts, winning a number of competitions in a few short years. She is incredibly excited to be back in the EXPRESS family and is looking forward to helping all her acro and cheer students achieve their goals!