

ASHLEY GIRGENTI

Education & Training

Bachelor's Degree in Dance, Dean College,
AFAA Certified Group Fitness Instructor,
Licensed Zumba Instructor
Licensed Booty Barre Instructor



FAVORITE FOOD
Sushi

OUTSIDE OF MIT
Teaches Ballet,
Modern & Jazz

TEACHES AT MIT
Zumba & Barre

FAVORITE TV SHOW
Law & Order: SVU

ADVICE FROM FUTURE SELF
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Ashley Girgenti Short Bio

Ashley Girgenti is an AFAA Certified Group Fitness Instructor whose love for dance and movement began at a very young age. She grew up studying a variety of dance disciplines including ballet, modern, jazz, tap and hip hop. Ashley holds a BA in Dance from Dean College in Franklin, MA. Ashley has been teaching at MIT since 2011 and has been performing and teaching throughout Boston and New York City for the past 10 years. She currently teaches Zumba and Barre and enjoys incorporating her passion for dance into fitness routines. Outside of teaching, Ashley can be found running around the Charles River or going out salsa or west coast swing dancing.