

MEET YOUR 2025-2026 INSTRUCTORS



ALI BRYNIARSKI
Program Director

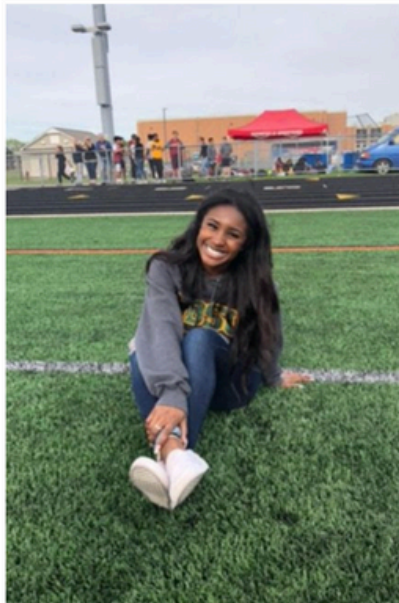
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MEET YOUR NEW DIRECTOR!

Hello, my name is Ali Bryniarski. My Just For Kix journey began in first grade with the Long Prairie JFK program, where I danced from 2006 to 2018 and started instructing during my final three years. I continued teaching for the St. Peter JFK program while attending college in Mankato, earning a marketing degree. My first year directing was for the Belvidere, IL program for the 2022-2023 season. In 2023 I returned to Minnesota to start the Burnsville program and now also direct the Rosemount/Eagan program.

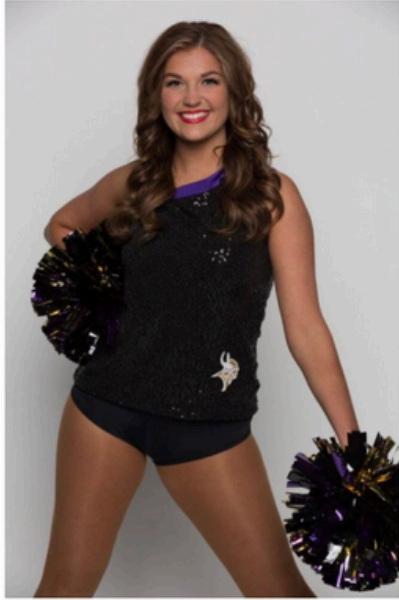
With experience in kick, jazz, lyrical, hip hop, and pom, I love working with dancers of all ages and helping them build confidence both on and off the dance floor. At JFK summer camps, I've been awarded the Heather Habeck Award twice and the Most Outstanding Dancer Award. I'm excited to continue growing the programs and to have incredible instructors working with our dancers. I can't wait to dance with you!



NIYA ADAMS
Instructor

Niya grew up in Bloomington, MN. She was a competitive cheerleader for 5 years. Cheer captain for 2 years, won 2 NYA Cheer Nationals in Myrtle Beach, SC. Started dancing as a freshman on the Bloomington Kennedy Kolleen Dance Team for 4 years. She was also able to experience dancing in Just For Kix Holiday shows at Kennedy High School for the past 4 years, the Outback Bowl 2018 in Florida, the MN AllStar showcase game, and two pre-show MN Timberwolves games!! After high school, she assisted two all-star cheer teams in Bloomington for the past two years!! She is going into her 2nd year coaching the Bloomington Kennedy Kolleens Dance Team. She is going into her 4th year as head instructor with Eagan JFK. Currently working as a Paraprofessional at Valley View Elementary School. When not dancing, she enjoys playing with her dog Rover, cooking new recipes, and hanging out with family and friends!

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ALEXIS MCHALE

Jazz/Hip Hop Instructor

- Lakeville South Captain her senior year,
- St Thomas Division 1 Hip Hop and Jazz
- Trained at South Metro Dance Academy, Holly's, and Poetry in Motion.
- She will bring a wealth of knowledge to our dancers.

Alexis has been passionate about dance since the age of three, training in jazz, hip hop, kick, and contemporary at studios including South Metro Dance Academy, Holly's, and Poetry in Motion. In high school, she was a member of the Lakeville South Cougar Dance Team, serving as captain her senior year and earning All-State and All-Conference honors, as well as the Heather Habeck Award at JFK Summer Camp.



She went on to dance for the University of St. Thomas Division I team, placing at UDA Nationals in both jazz and hip hop, and also participated in the Minnesota Vikings Cheerleaders Training Program. A former JFK camper, camp staff member, and TWD competition judge, Alexis brings a wealth of knowledge and experience to our dancers. She's excited to return to the JFK family and is passionate about building confidence, teaching strong technique, and inspiring dancers to grow both on and off the floor.



CARISA BROWNE

Instructor

Carisa has been in the dance industry her whole life and has been teaching/directing competition dance in the Twin Cities area since 2001. She believes in pushing dancers to be their best while also helping build their character. She loves seeing passion drive dancers forward in their dance career and is honored to be a part of their dance training.

Carisa directed Dance Connection 2018-2025. Her overall goal for the studio is to create an atmosphere that offers dancers a family and a safe place to grow and flourish. She will continue to instruct at the Rosemount/Eagan Just For Kix.

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MARI SULLIVAN **Instructor**

Mari taught ages 3-7 at Dance Connection and was also the DC Babies instructor. She loves teaching young dancers to enhance their imagination and has so much fun with them. Mari is a very passionate teacher, and we are so lucky to have her back this season.