

Bre Poliak is a Twin Cities-based performer, choreographer, and educator who is passionate about helping dancers connect emotion with movement. She began her dance journey with the Prescott Dance Team and continued her training at the University of Wisconsin-Eau Claire, where she earned a minor in Dance.

Bre has had the honor of performing with and choreographing for a wide range of companies and creative productions throughout the Twin Cities, including Sole 2 Soul Dance Conversion, M-SHE Productions, Strange Loop Projects, Rainy Day Cabaret, Enticing Entertainment, JLW Productions, Phipps Dance Theater, and Grant Whittaker Creative. Her performance career has taken her to stages across the country for events such as MPLS PRIDE, the Minnesota Fringe Festival, JAFA, RAFA, as well as numerous fashion shows, galas, fundraisers, and benefit events. She has also performed as a backup dancer for nationally recognized drag artists and local musicians such as Kat Perkins and Wicked Garden.

Bre enjoys creating work that blends storytelling with dynamic, emotionally driven movement. Her choreography highlights musicality, intention, and individuality—encouraging dancers to move beyond steps and into genuine expression.

Through her teaching, Bre creates an empowering and supportive environment where dancers feel inspired to take risks, build confidence, and grow both technically and artistically. She currently teaches Cardio Dance at ONX and The Phipps Center for the Arts, and Danze Jam at Life Time, while also leading pop-up classes and master workshops throughout the Twin Cities. She is deeply committed to helping dancers discover their own movement voice while developing meaningful connections to their emotions, artistry, and overall performance presence.