Cooper Fitness Center at Craig Ranch
Pilates Professionals

Cara Bonney
Pilates Trainer

Education
Purdue University
BS Athletic Training/BS Exercise and Fitness
University of Cincinnati
MEd Health and Exercise Management

Certifications
- Stott Pilates— Certified Pilates Instructor: Mat, Reformer, Cadillac, Chair and Barrel
- National Athletic Trainer's Association—Certified Athletic Trainer
- National Strength and Conditioning Association—Certified Strength and Conditioning Specialist
- Titleist Performance Institute—Certified Golf Fitness Instructor
- American Academy of Sports Dietitians & Nutritionists—Nutrition Specialist
- American Heart Association—AED and CPR

Pilates Specializations
- Athletic Conditioning (multi-sport) • Golf • Sports Medicine, Post-Rehab and Injury Recovery

Denee Dole
Pilates Trainer

Education
University of North Texas—BFA Fashion Design

Certifications
- PhysicalMind Institute NY—Mat & Comprehensive Pilates
- Pilates Heritage– Comprehensive Training Program, under the tutelage of Chacca Guerrero, Michael Rooks & Romana Kryzanowski
- CPR/AED

Pilates Specializations
- General Population • All Ages

Stephanie Gordon
Pilates Trainer

Education
California State University, Long Beach
University of Colorado Health Sciences Center

Certifications
- Polestar Pilates Rehabilitation Certified
- Physical Therapist
- American Heart Association—AED and CPR

Pilates Specializations
- Post Rehabilitation Pilates • Spine Care • Osteoporosis

Lisa Greedy
Pilates Trainer

Education
California Polytechnic, San Luis Obispo
BA Business Administration/Accounting

Certifications
- Titleist Performance Institute—Golf Conditioning Specialist
- Pilates for Golf
- PhysicalMind—Mat Pilates
- Fitness Arts—Comprehensive Pilates
- White Lotus Foundation—Yoga
- Thai Massage

Pilates Specializations
- Pilates for Golf • Pilates and Yoga Fusion

PRIVATE, SEMI-PRIVATE AND SMALL GROUP SESSIONS AVAILABLE

For pricing and scheduling, call
Cara Bonney at 214.383.1022 or
cbonney@coopercraigranch.com