

Cooper Fitness Center – Dallas

Pilates Professionals

Michelle Hoffman



Michelle played competitive sports—soccer, volleyball, and tennis—until her late 20s. She also lifted weights and kick-boxed. Twelve years ago, Michelle found in Pilates a workout regimen that would allow her to keep her inherent strength but add flexibility and openness as well. She gave up an overseas marketing career to make Pilates her profession and trained extensively in the United States and Australia: New York Method, Stott Pilates, Body Control Pilates, and Michael Miller Pilates. She holds certifications from Exercise Science Alliance and Michael Miller and is working to gain certification through Karen Sanzo at Pilates Unlimited.

Viviana Lubertino



Viviana is a graduate professional ballet dancer from the renowned Superior Institute of Art of the Teatro Colon in Buenos Aires. She has been a principal ballerina in Santiago, Chile, and a member of corps of ballet in Buenos Aires and Dallas. Pursuing methods to balance, condition, and enhance the body, she has obtained numerous certifications: Mat through PhysicalMind Institute; Reformer (all levels) through Stott Pilates; Cadillac, Chair, and Barrel from Michael Miller Pilates; Yoga Fit and Ashtanga from B.B. Birch; and biomechanics from The Cooper Institute. She is a registered massage therapist and an AFAA personal trainer.

Lis Settle-Calaway



Lis has been an ardent student of Pilates since her first class in 2002 with Donna Fisher. She is certified to teach through Michael Miller Pilates and continues to study with Mr. Miller both here and at his studio in Boulder, Colo. She also trains with Karen Sanzo of Pilates Unlimited, through whom she earned her matwork certification. Pilates for prenatal/postnatal fitness is an interest area. Lis had an international childhood, growing up in Libya, Belgium, England, Iran, and Alaska. Her passions beyond Pilates are her family, cooking, playing tennis, and volunteering as a Texas Master Gardener.

Terence Reynolds



Since attending his first Pilates class in 2004, Terry has taken countless Pilates mat and equipment training classes at Cooper Fitness Center. He participated in the Pilates Intensive training with Jay Grimes, Siri Galliano, and Peter Fiasca, and received his equipment training certification from Pilates Unlimited. Terry enjoys helping people bring strength, flexibility, and balance from their Pilates work into their everyday lives. In addition to his interest in Pilates, Terry plays the French horn in the Dallas Opera Orchestra and is an adjunct instructor at University of North Texas.

Sarah Paxton



Sarah's professional career has spanned many industries. A professional dancer for five years, her experience includes work with Norwegian Cruise Lines as well as being a founding co-director of a modern dance company. Sarah has developed and managed fitness programs for several well-known facilities in the Dallas/Fort Worth metroplex including The Spa at The Crescent. She currently trains groups and individuals in diverse forms of fitness. Her love of Pilates helps Sarah keep a balance between career and her two children.

Carla Sottovia, Ph.D.



Carla is the assistant fitness director and senior personal trainer at Cooper Fitness Center as well as an enthusiastic Pilates instructor. In 2005 she was selected Personal Trainer of the Year by IDEA (International Health and Fitness Association). She holds several national certifications, including those from ACSM, NASM, The Cooper Institute, and PoleStar Pilates. She has worked with a wide range of clients, from post-rehab to athlete. Carla is an avid marathon runner and triathlete.

Kimberly Cook



After an extensive background in dance in New York and London and a career in entertainment and the arts, Kimberly pursued and received a law degree. Then came her interest in Pilates. She received her Pilates mat certification in 2001 from Exercise Science Alliance and her equipment certification from Karen Sanzo at Pilates Unlimited. Her desire is to continue to teach and incorporate dance and Pilates in her own life and to inspire others to live and maintain a healthy lifestyle.

Terry Hendrickson



An athlete her entire life, Terry has participated in a diverse list of sports from baseball and softball to basketball to triathlons. Following two surgeries to repair a knee injury, she was introduced to Pilates as a new way to train. Terry was amazed by the results and made Pilates her profession. Her training includes an apprenticeship in Seattle, learning the Stott Pilates program, and certification by Michael Miller Pilates and Pilates Unlimited. Terry has special training using the foam roller and BOSU, and a pre/post natal fitness certification through The Cooper Institute. She continues to challenge herself, balancing motherhood and furthering her own Pilates and fitness training.