

Cooper Fitness Center at Craig Ranch

Pilates Professionals



Maureen Alonzo
Pilates Trainer

Certifications

- Peak Pilates – Mat and Reformer Pilates
- Peak Pilates – Chair and Barrel Apparatus
- Zumba, Zumba Toning and Zumba Tonic

- Aqua Zumba
- Aquatic Exercise Association – Aqua Group Fitness
- TRX
- American Heart Association – AED and CPR

Pilates Specializations

- General Population • Older Active Adults • Children, Elementary-High School



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 Trainers' 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



Shelly Crain
Pilates Trainer

Education

Texas A&M
BS Health with an emphasis in Nutrition

Certifications

- Power Pilates



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.