

Lisa became a STOTT PILATES® Certified Instructor in 2006 and an Instructor Trainer for Merrithew® specializing in STOTT PILATES in 2011, ZEN•GA® Mindful Movement in 2013 and Total Barre® in 2014. She is an ISCA certified personal trainer, TRX trained, a certified breast cancer exercise specialist, and trained in Pilates for Neurological Conditions. Lisa earned her Bachelor of Fine Arts degree in dance with Honors and Highest Distinction from the University of Iowa in 2006. Lisa enjoys working with a wide range of Pilates clients; from those recovering from surgery to highly conditioned athletes. In addition to teaching Pilates, Lisa dances and performs professionally with Hurley & Dancers, a modern dance company in Des Moines, and teaches dance to a variety of levels and ages.