

PILATES INSTRUCTOR

LEE COOPER

Degree and Certification:

- Physical Mind Institute
- Balanced Body Pilates Certified
- Pilates Method Alliance Certified

Lee Cooper enters her second career as a Pilate's instructor after performing and teaching in the dance field. She has devoted a large part of her life to dance education at Colorado State University, The University of Northern Colorado and Mesa State College. Past experience includes being the founder of The Dance Connection, a modern dance company based on body/mind modalities, as well as presenting to the National Dance Education Organization as an arts education advocate.

Lee has used the study of Pilates to bridge the science and art of human potential as it applies to each individual. She received training through PhysicalMind Institute, went on to certify in Balanced Body University and is now credited through the Pilates Method Alliance. She believes that Pilates, when taught as healthy movement, enhances every aspect of life and encourages people to live their lives for the better.

