

GLIDING™ MASTER TRAINERS

The following Master Trainers are available for Gliding™ training sessions.
Please contact them directly to discuss rates and availability.

Trainer	City	Phone	Email	Website
Mindy Mylrea	Santa Cruz, CA	1.877.FIT.FLIX	mindy@mindymylrea.com	MindyMylrea.com
Juliane Arney	Costa Mesa, CA		Julz@JulianeArney.com	JulianeArney.com
Leslee Bender	Reno, NV	775.324.3224	Leslee@thepilatescoach.com	ThePilatesCoach.com
Lawrence Biscontini	All U.S.	787.509.0756	BISCONTINI@aol.com	FindLawrence.com
Lynnette Blomquist	Northern CA	925.686.6686	lynnetteblomquist@sbcglobal.net	
Heidi Bodenheimer	Boonsboro, MD	301.991.9892	Heidibod@myactv.net	SouthMountainFitness.com
Jeff Borden	Raleigh, NC	1.800.582.1814	jeff@ifta-fitness.com	Ifta-Fitness.com
Teri Bothwell	Vienna, VA	703.281.5956	tbothwell@shcorp.com	
Annika Carlson	Huntington Beach, CA	714.655.7824	annika@annikacarlson.com	AnnikaCarlson.com
Tracey Carr	Bolingbrook, IL	630.721.5922	gr8fulkiwi@yahoo.com	
Sherry Catlin	Boston, MA		Sherry.catlin@verizon.net	
Cameron Chinatti	Nasheville, TN		cameron@sfresources.com	
Marci Clark	Venice, CA	1.800.847.7746	marci@fitcorepilates.com	
Leigh Crews	Rome, GA	706.295.7833	leigh@leighcrews.com	LeighCrews.com
Sandra Crowe	Burlington, Ontario	905.815.7244	sandra@fitmax.ca	www.fitmax.ca
Lashaun Dale	New York, NY	917.873.5823	ldale@nyc.rr.com	
Cammy Dennis	Ocala, FL	352.598.5040	camjamfit@hotmail.com	
Bethany Diamond	Marietta, GA	404.680.2614	BRDBMD@aol.com	
Madeline Dolente	Washington, DC	202.262.7058	Madeline@madfitness.com	MadFitness.com
Shannon Fable	Boulder, CO	303.246.0554	Shannon@SFResources.com	ShannonFable.com
Robin Figueroa	Westchester, NY	718.935.0088	rfigueroa@earthlink.net	
Kristin Fischer	Normal, IL	217.649.7169	kristinangelafischer@gmail.com	
Carey Fraley	Salt lake City, UT	801.949.8437	c.fraley@att.net	
Linda Freeman	Green Bay, WI	920.983.0069	Linda@guru-fitness.com	
Gay Gasper	Union, NJ	201.927.8718	gaygasper@comcast.net	
Nancy Gitlin	Stevensville, MI	269.208.2980	nancygitlin@hotmail.com	
Rob Glick	Aliso Viejo, CA	310.415.2450	getfitwrob@yahoo.com	
Mark Greveling	Rochester, NY	585.865.2609	info@fitmotivation.com	FitMotivation.com
Cheri Groom	San Antonio, TX	210.494.4255	CheriFIT@aol.com	
Maureen Hagan	Ontario, Canada	519.661.0190	mo@goodlifefitness.com	
Amy Harris	Harker Heights, TX	254.220.1630	amy@amyfit.com	AmyFit.com
Fred Hoffman	Paris, France	336.10.26.69.00	fred@fredhoffman.com	FredHoffman.com
Jeff Howard	Chicago, IL	773.988.8226	FindMrJeff@aol.com	
Skip Jennings	Los Angeles, CA	949.338.5551	skip@skipjennings.com	SkipJennings.com
Lee Jones	Minneola, FL	352.409.3752	laj3918@cfl.rr.com	HFFitness.com
June Kahn	Broomfield, CO	303.465.0242	june@junekahn.com	JuneKahn.com
Joy Karley	Jackson Heights, NY	646.206.0215	jkarley@att.net	
Carroll Klinger	Pocatello, ID	917.763.4499	cklinger@ida.net	
Tatiana Kolovou	Bloomington, IN	812.333.8446	tatianak@indiana.edu	

Trainer	City	Phone	Email	Website
Kristopher Kory	Farmington, CT		kkpacing@mac.com	
Stacey Lei Kraus	San Fransisco, CA	917.763.4499	stacey@staceylei.com	StaceyLei.com
Amy Landers	Mill Velley, CA	415.945.3079	amyland1@comcast.com	
Elizabeth Lenart	Springfield, MA	413.739.4715	elenart@springfieldjcc.org	
Cheri Linden	Henderson, NV	702.326.1448	clvs2dnce@aol.com	
Lori Longwell	Georgetown, ON	888.920.6537	lori@fitnet.ca	
Stephanie Loupe	New Orleans, LA	985.290.6864	stephanieL@crossgatesclub.com	
Lyssa Lunning	Buffalo, MN	763.684.1665	fitpower1@hotmail.com	
Tricia Murphy Madden	Seattle, WA	206.349.4119	tmurphy127@aol.com	urbanstriptease.com
Linda McHugh	Mission Viejo, CA		lindamchugh@cox.net	
Alex & Sherri McMillan	Vancouver, WA	360.574.7292	info@nwpersonaltraining.com	NWPersonalTraining.com
Jeff McCullen	San Rafael, CA	415.302.9662	jefffitnesspro@comcast.net	
Roberto Melani	San Fransisco, CA	917.412.4133	rmelani@crunch.com	
Angie Miller	St. Charles, IL	480.577.6144	angie@angiemillerfitness.com	AngieMillerFitness.com
Kim Miller	Wildomar, CA	760.644.1654	kim@kimmillerfitness.com	KimMillerFitness.com
Selena Moffitt	Sandy, OR	503.318.5612	Erjunkie2@hotmail.com	
Alice Monsaert	Sarasota/Tampa, FL	941.650.7948	monsaert@aol.com	
Dawn Murdock	Watertown, MA	617.496.8770	macfit@fas.harvard.edu	
Carol Murphy	Rochester, NY	585.615.5712	murphfit@rochester.rr.com	CarolMurphy.com
Suzanne Nottingham	Mammoth Lakes, CA		fitsource@earthlink.net	
Debra Lyn Orringer	Cocoa Beach, FL	321.749.8719	fitnsgrly@hotmail.com	
Katie Osami	Newport Beach, CA	949.923.9117	Kiosumi@yahoo.com	
Erika Perkins	Charlottesville, VA	434.924.7607	elp2z@virginia.edu	
Francine Phelps	Blackwood, NJ	267.688.2949	Francigirlxoxo@comcast.net	
Marcos Prolo	Ladera Ranch, CA	949.923.0022	marcosprolo@cox.net	
Deborah Puskarich	Dallas, TX	214.718.9961	deborahfit@aol.com	
Donna Read	Quebec, Montreal	450.539.5496	donna@donnareadfitness.com	DonnaReadFitness.com
Tami Reilly	Hamden, CT	230.230.8460	Tamirack.Reilly@quinnipiac.edu	
Keli Roberts	Los Angeles, CA	213.361.3676	keli@keliroberts.com	KeliRoberts.com
Christine Romani	City Eighty Four, PA	1.877.716.4879	chrissy@phpilates.com	PHPilates.com
Stella Sandoval	San Fransisco, CA	415.433.2200	fiziklyfit@hotmail.com	
Tom Seabourne	Pleasant, TX	903.572.1911	tom@tomseabourne.com	TomSeabourne.com
Norma Shechtman	Irvine, CA	949.715.8026	kritzie1@cox.net	
Robert Sherman	Rockville, MD	301.656.0885	shermfit@msn.com	RobertShermansFit.com
Aileen Sheron	Santa Ana, CA		ProActiveFitness@cox.net	
Sheri Shon	Kalamazoo, MI	269.375.7954	sherishon@charter.net	
Kimberly Spreen	Dallas, TX	614.657.5125	kspreen@lifetimefitness.com	
Chris Stameris	Arlington, MA	857.928.2341	chrisdora@hotmail.com	
Doris St-Arnaud	Trois-Rivieres, Quebec	819.697.3698	doris@dorisstarnaud.com	Dorisstarnaud.com
Susan Steinman	Del Mar, CA	310.968.3923	ynotexercise@yahoo.com	
Carol Teteak	Naperville, IL	630.747.3456	teteak4@wowway.com	
Karen Tindal	Knoxville, TN	865.966.5897	kfitour@charter.net	
Melissa Towey	Jersey City, NJ	973.479.2286	mtowey521@gmail.com	
Jodi Townsend	Lexington, MI	810.359.8996	townsendsj@msn.com	
Melinda Tuttle	Wylie/Dallas, TX	469.865.0104	melstuttle@earthlink.net	
Helen Vanderburg	Calgary, Alberta	403.263.3113	hifitness@aol.com	HelenVanderburg.com

Trainer	City	Phone	Email	Website
Connie Warasila	Annandale, VA	703.645.8195	conniew7@mail2joiy.com	
Tamilee Webb	Rancho Sante Fe, CA	858.756.5366	tamileewebb@cox.net	
Cheryl Westerman	Marble Falls, TX	512.755.9117	cwfitour@excite.com	
Violet Zaki	New York, NY		violetzaki@yahoo.com	
Jessica Zapata	Edmonton, Alberta	780.435.7111	jessica@infinitefit.ca	