



Group Fitness Instructor

Kelly Skalsky



Kelly loves sharing yoga with anybody looking to incorporate gentle exercise into their daily life. When she started practicing yoga in college she had trouble managing stress and anxiety. As she continued taking classes she developed a deep connection to herself and found the space to reduce stress in her life. When teaching she hopes for her students to find balance mentally and physically, by providing them with a practice that they can embody in their daily lives off the mat. She became a 200 hour registered yoga teacher from Timeless Yoga Studio in South Ogden.