

Kelly Kalvig, Certified STOTT Pilates Instructor

Kelly loves teaching clients of all levels, but especially in the group setting and prenatal clients. She has experience with mat, reformer, cadillac, chairs and barrel as well as ISP (Injuries and Special Populations) and all sorts of various props that make each workout unique. Kelly graduated from Central College in 2004 with a BA in Biology and minor in Chemistry. She is married and has three children.