

Kelly Gosk

CERTIFIED PILATES INSTRUCTOR

Instructor Education/Certifications:

Club One Certified Instructor
STOTT Pilates Trained Instructor

Instructor Specialization:

Beginner–Advanced Reformer Pilates
Beginner–Advanced Mat Pilates



Instructor Philosophy:

My interest in Pilates began 10 years ago when I was introduced to Pilates at the fitness facility I was attending at that time. Throughout my experience with Pilates, I have come up with the following philosophy:

Do what feels good for your body. Find something you like, learn how to do it right, and never stop trying new activities. I create an atmosphere where my clients feel excited to come in and workout. I design workouts for every body at every level of fitness...from the post-rehabilitated to the healthy athlete. My workouts incorporate balance, strength, alignment, flexibility, stress relief and give my clients a greater mind-body connection.



Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus