



Angel Kelly
Certified Mat Pilates Instructor

Angel's philosophy of care centers on helping clients feel comfortable, confident, and connected to their bodies. She believes Pilates should create a welcoming environment where clients can find relaxation, build strength, improve balance and flexibility, and feel proud of their progress. Every client should leave class feeling more comfortable in their body and encouraged by what they are capable of achieving.

- Mat Pilates
- Strength & Conditioning
- Flexibility & Mobility

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Angel received her Mat Pilates certification in 2026 and teaches group classes multiple times each week. Her interest in Pilates began through her experience with hot yoga, where she was introduced to the practice and quickly fell in love with its unique combination of strength, movement, and mindfulness. After teaching strength classes and discovering how versatile Pilates could be, Angel decided to pursue her certification so she could devote more of her teaching to Pilates.

Pilates has become a meaningful part of my life, helping me find relaxation during both challenging and joyful times. I especially enjoy creating an encouraging class environment and watching both new and returning clients develop their skills and confidence. My goal is to make Pilates approachable and enjoyable while helping each client discover greater strength, balance, flexibility, and comfort in their body.

Outside of teaching and learning new Pilates techniques, I enjoy reading, writing, playing board games with friends, and planning my upcoming wedding. My Christian faith is an important part of my life, and I value the opportunity to serve others and allow my faith to guide me through each day.



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