



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Kelly Scanlon

## Personal Fitness Trainer & Private Yoga Instructor



### **Training Philosophy:**

Forget about the scale. Forget about calories. How do you feel? What is your body telling you? How are your clothes fitting you? How are you moving through your day to day life? As a gym rat, I love feeling strong. I love seeing the results of sculpted muscles and sore abs. As a yogi I find it imperative to be a positive person. This is the only way to grow, heal and expand. This goes for muscles too. The practice of yoga improves flexibility and creates long lean muscles! My fitness routine is all about balance. Knowing the difference between pushing for growth, and knowing when it's time to nurture and heal. Each of my clients deserves to know what their special blend is. What works for your body? What's your blend for mental health, physical health, and happiness?

### **Experience:**

4 years yoga teaching in NYC  
Connected Warriors, Free Yoga 4 Vets Regional Coordinator  
Personal Trainer, various locations SF & NYC  
Specialized training for seniors & trauma survivors  
Kid's yoga

### **Certifications:**

E-RYT Vinyasa Yoga Instructor  
Continuing education in Hatha Yoga  
NASM Certified Personal Trainer  
Strength Training Past 50 Correspondence Course  
Facilitated Stretching Correspondence Course  
CPR/AED Certified

### **Education:**

BFA, Acting & Musical Theatre, Marymount Manhattan College, NY

### **Interests:**

Clean living, preventative health, freedom, animal care, travel, religions of the world, cats, chocolate, cabernet.