

SKYLER BATES



Hi, I'm Skylar of Skylar B Fitness! I'm a coach out of the Rec Room gym here in Norton Shores, MI. I am a certified personal trainer and nutrition coach and have been working with women of all fitness levels since 2023! I specialize in strength training and overall wellness, working specifically with women. When training with me we take into consideration your physical AND mental wellbeing as to me, fitness is more than just what your body looks like. We pay close attention to how your body functions, your confidence in how you feel, and practice goal setting and daily habit changes that help to work toward your goals. Accepting clients in-person as well as online for those with busy, ever-changing schedules! Text (231)571-8539 or reach out on social media such as instagram @skybates_ for more information!