

Kyla Szymialis

Spa Director

Kyla was born and raised in Winnipeg, Manitoba, Canada (eh!). After graduating high school with her bilingual diploma in French, she decided to take a road trip west. The mountains became a selling point for her and she decided to stay in Calgary, Alberta. While living in Calgary, Kyla attended the University of Calgary and earned her Bachelor of Commerce with concentration in Accounting. Concurrently, she obtained her Diploma in Oil and Gas Administrative Assisting. Later, Kyla worked for an oil and gas company in Calgary, focusing primarily as an accountant for several years.

In January 2016, she met her future husband from Denver while on a cruise to Central America. From there she visited Denver on numerous occasions, ultimately relocating to the Mile High City and getting married in April 2017. Since then, Kyla has enjoyed exploring as much of Colorado as she can, (including joining the 14er club) and doting over their Beagle/Coonhound mix, Duke.

Kyla enjoys assisting every guest with his or her visit to Matrix Fitness and Spa. From the moment you walk in, her goal is to ensure all of your relaxation needs are met and she looks forward to scheduling your next appointment.

The Spa
AT MATRIX

