

Abbey J.



Certified Personal Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Business-Marketing from Indiana University Kelley School of Business
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Blogging about food and fitness, of course!
- Cooking
- Mid-Distance Running
- College: Competed in Indiana University 50-lap 4x400m relay event
- HS: All-State, All-Region, All-District Volleyball Player



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 548

