Abigail S.



Certified Personal Trainer Master Trainer Group X Instructor Team Member Since: 2005 Sessions Serviced:10,000 +

Education & Certifications

- BA in Business Administration from California Southern University
- 24 Hour Fitness Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. Fitness Therapy Certification
- International Sports Sciences Assoc. Personal Trainer Certification
- National Academy of Sports Medicine Corrective Exercise Specialist

- National Academy of Sports Medicine - Performance Enhancement Specialist

- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Fitness Nutrition Specialist

Hobbies and Achievements

- Playing Golf
- Surfing and Jet-skiing
- Traveling
- Watching Movies



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

24hourfitness.com/personaltraining

