

# Abbey A.



**Certified Personal Trainer**  
**Team Member Since: 2003**

## Education & Certifications

- BS in Health and Sports Studies & Coaching Minor from Miami University (OH)
- CPR Certification

## Hobbies and Achievements

- DIV I Collegiate Fastpitch Softball Player 1998-2002
- Fastpitch Softball Instructor & Business Owner
- Golf
- Wakeboarding
- Running
- Spending time at the beach



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 174