

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

Club ID: 559

