

MICHELE ABBOTT

Personal Trainer



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SPECIALTIES

Functional Fitness • Core Strength and Stabilization • Balance
Flexibility • Strength Training • Fitness and Nutrition
p.r.e.p.® Medical Fitness Specialist • Special Populations
Assisted Stretching

CERTIFICATIONS

- GTC Personal Trainer Certification
- ACSM Certification
- RYT 200
- Group Fitness Instructor
- AHA CPR/AED Certified



SPORTSCLUB *Personal Training*