



YMCA of Cass and Clay Counties
Personal Trainer Bio

Abby Buechler



As your personal trainer, I will strive to challenge and push you to achieve the goals you have set for yourself. I want to help you see results, both physically and mentally. Having an athletic background allows me to be flexible with the workouts I create. I'll be able to help those who are new to fitness as well as athletes who want to try something new and different. I look forward to working with you and seeing you accomplish your goals.

CONTACT

- 980.234.4376
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EXPERIENCE

- 10 years as a Competitive Swimmer
- 1 year Crossfit
- Working with Beginners and Special Populations

EDUCATION

- I.F.T.A International Fitness Trainers of America Certification
- Masters in Nutrition and Exercise Science (In Progress)

SPECIALTY

- Beginners
- Crossfit
- Olympic Lifting