



YMCA of Cass and Clay Counties
PERSONAL TRAINING

ABBY BUECHLER



As your personal trainer, I will strive to challenge 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 – so I can 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
- abby.buechler@ymcacassclay.org

EXPERIENCE & SPECIALTY

- 10 years as a Competitive Swimmer
- 1 year CrossFit
- Specialty: working with beginners, working with special populations, and Olympic Lifting

EDUCATION

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

