



# Abby Stocksdale

## ACE-CPT, ACE-GFI

### **EDUCATION:**

Bachelor of Science in Exercise Science from Anderson University

### **CERTIFICATIONS:**

ACE Personal Trainer; ACE Group Fitness Instructor; ACE Fitness Nutrition Specialist; YMCA Certified Group Fitness Instructor; YMCA Certified Trainer; YMCA Certified Cycling Instructor; AED/CPR Certified

### **AREA OF SPECIALTY:**

Cardiovascular training, Weight training, Small group personal training, Functional training, Nutrition education, Sport specific training, Flexibility training, Weight management

### **EXPERIENCE:**

Abby has been in the fitness industry since 2003, and on staff at the Danville Family YMCA since 2006. She is currently teaching Boot Camp- style, Aerobic exercise, and Cycling classes; as well as, Small group personal training, and helping members find their way to healthier living through nutrition education.

### **TRAINING STYLE/PHILOSOPHY:**

Finding the right combination of cardio, strength, and nutrition will show results every time. It takes all three components for success.

### **MY PASSION FOR FITNESS COMES FROM:**

Through my own personal struggles of weight and my love of being active, I knew pursuing a career in fitness would give me the opportunity to grow in knowledge and gain experience. This has led to a passion of helping others along their wellness journey and encouraging them to reach their goals.

### **MY FAVORITE EXERCISE /TRAINING TOOL:**

TRX and Bodyweight Exercises

