



# Abigail Sizemore

Personal Trainer  
Group Fitness Instructor

## Certifications

NASM Personal Trainer

AFFA Group Fitness Instructor

## About Me

Meet our dynamic personal trainer who is passionate about working with clients who are dedicated to strength training and pushing their limits. A true motivator and encourager, she brings a contagious high energy to every session, inspiring her clients to challenge themselves and reach new heights. With a deep passion for weightlifting, high-intensity workouts, and cycling she thrives on designing challenging and effective routines that help clients build strength and improve overall fitness. Whether she's cheering you on during a heavy lift or guiding you through a heart-pumping workout, this trainer is committed to empowering you to surpass your fitness goals and embrace a stronger, healthier you. Get ready to elevate your training experience with her unwavering support and expertise.

## Personal Interests

- Mountain and gravel biking
- Paddleboarding
- Rock climbing
- Home remodels
- Reading

## Contact Information

Phone Number: (479)-399-1156

Walton Family  
Whole Health & Fitness