

Abbi Parker

Education & Certifications

- NASM - Certified Personal Trainer
- B.A. Exercise Science, Health and Human Performance

Areas of Specialization

- Functional Training
- Sports Performance



Fitness & Health Philosophy

“My philosophy as a fitness specialist is to express my love and passion for physical activity, accountability and overall health in all that I do. I want to educate and coach my clients to build a solid foundation in discipline and create their own personal passion for fitness. By creating a supportive environment and building relationships with each of my clients, I hope to create a level of trust and accountability to achieve their goals. I strive to make it fun, because it should be! One of my favorite parts about this job is seeing the change, not only physically but mentally. You get to experience the growth and progress in every aspect. Our clients learn to love the process. Everyone deserves to feel confident and strong in their own movements!”

Fitness & Health Accomplishments

- 3x Conference Title / 4x Conference Championship participant - Oklahoma Baptist women’s soccer