

Abby I. Buchanan

abby.buchanan@gmail.com



Objective

Group fitness instructor in multiple modalities.

Profile

I have earned a positive reputation for my combination of education, hard work, and creative teaching style. As a successful group educator for over 20 years, I continue to bring state-of-the-art knowledge to my students in an accessible and understandable way. I am a strong class leader and only utilize safe and effective techniques and methods. I value my reputation and work to maintain a positive and supportive relationship with fellow students and instructors. These are vital to our joint success.

Experience

INDOOR CYCLING AND BODY PUMP INSTRUCTOR, FITNESS FIRST, 2005-CURRENT
Introduced one hour format with original music mixes, heart rate training, and periodization to increase Sunday morning 9:30am cycling class attendance by 80%. This inspired semi-professional riders to attend the class and excited and challenged the regular members to perform at higher levels. Participated in each release of Body Pump, providing help and training to those instructors who were falling behind.

STYLIST, ECHO HAIR AND SKIN, ROCKVILLE MD: 1992-2001

Colorist and general stylist for the salon. Increased the visibility and professionalism of my employer in this highly competitive business by providing expertise in color science.

GROUP EDUCATOR, LOGICS INTERNATIONAL, MID-ATLANTIC REGION: 1987 - 1992

Implemented a color theory course to introduce new Logics products to high-end salons through hands-on training directly with stylists. Successfully brought this training to all Logics affiliated salons in the Mid-Atlantic.

Certifications

- AFAA Group Exercise Instructor: 2005-CURRENT
- AFAA Telefitness Certification 2005-CURRENT
- Schwinn Indoor Cycling Certification 2007, all classes, Sara City
- Les Mills Body Pump Certification 2007
- Level 2 YogaFit certification
- CPR Certification current
- Maddog Athletics, Johnny G. Certified Spinning Instructor 2005. Star 3 level since 2007.
- Spinning Certifications in Breathing to Enhance Performance, Contraindications, and Periodization.

Referrals

Darren Bell, Fitness First, General Manager-Olney, MD 301-570-1800

Alicia Quervo, Yin-Yang-Yoga Center, Olney, MD 301-775-1462

Brian Dewey, Fitness First, General Manager-Layhill, MD 301-598-4800

Tish Niffenegger, Fitness First, Group Class Director, 301-963-1500