

Abbey Bos, DPT, STOTT Pilates Trained Instructor

Abbey received her Bachelor of Science, Kinesiology degree from Texas Woman's University in 2005 and her Doctorate in Physical Therapy from Des Moines University in 2009. She is a member of the American Physical Therapy Association, the Iowa Physical Therapy Association, the Orthopedics section and Women's Health section.

Abbey has worked in the fitness industry for over 17 years and has practiced physical therapy in outpatient orthopedics since graduation. Her appreciation and passion for Pilates grew as the carryover to her clinical practice was profound. Her love of learning and patient care has led to pursuit of continued education in STOTT Pilates training and Pelvic Health Certification.