

Pam S.



Master Trainer
Team Member Since: 1999
Sessions Serviced: 15,000 +

Education & Certifications

- BS in Natural Science / Biology from Doane College
- BS in Physical Therapy from Northwestern University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Travel
- Hiking
- Biking
- Spending time with my dogs



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 329

