

# Sam P.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Organizational Communications and Entrepreneurship from University of Portland
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- USA Weightlifting Certification

## Hobbies and Achievements

- Anything Mariners or Blazers
- Power lifting, Olympic weightlifting and strongman competitions
- Baseball and basketball
- Crew and tennis



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 562