

# 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](http://24hourfitness.com/personaltraining)

Club ID: 329

