

# Paula B.



**Master Trainer**  
**Team Member Since: 2001**

## Education & Certifications

- BS in Exercise & Sports Science from Texas Tech University
- 24 Hour Fitness - Certified Personal Trainer
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Being a mother
- Running
- Traveling



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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 375