

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

Club ID: 562