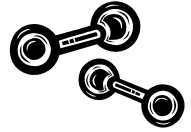


# “Make your plan and work your plan” ~ Pam P.



**Experience:** Eight years Personal Training  
Sixteen years with Phoenix Fitness  
Twenty years in the Fitness Industry

**Areas of Expertise:** Posture  
Strength Training  
Weight Loss  
Pilates

**Certification:** Ace Certified Personal Trainer  
East to West Yoga & Pilates Studio Mat Certification  
Second Wind Pilates Plus - Reformer Certification  
CPR

**Training Characteristics:** Passion, Knowledge

*“The first order of business  
on your agenda is Yourself!”*

