



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Pam
Buss**
Personal Trainer
ACE



PHILOSOPHY

To motivate and encourage people to lead their healthiest life through fitness and nutrition. A little progress each day adds up to big results.



EDUCATION/CERTIFICATIONS

- ACE Certified Personal Trainer
- Precision Nutrition Coach
- YMCA Group Exercise
- Les Mills BodyCombat, BodyFlow, Core, MOi Cycle, Silver and Fit, Barre Above, TRX



SPECIALTIES

- Weight Loss
- General Fitness



DEMOGRAPHIC

Beginner exercisers and active older adults



A LITTLE ABOUT ME

I enjoy an active lifestyle, spending time with family, watching my kids play sports and reading a good book now and then.

**Contact Pam at 920-262-8555
at the SCHULTZ FAMILY YMCA
to set up your training session!**