

# Pamela Podawiltz



## Personal Trainer

Pamela Podawiltz has been a nationally certified personal trainer and group instructor for twenty years. She holds multiple certificates with the American Council on Exercise and the Aerobics and Fitness Association of America. Pamela has specialized training in post rehabilitation and special populations- including prenatal and kids fitness. She has credentials with Yogafit, TRX Suspension Training, Zumba, and Pound. Pamela is knowledgeable in Pilates, cycling, kettlebells, and water fitness. She is an American Red Cross Instructor. Pamela has a degree with Southeast Community College of Nebraska and a Physical Therapy Aide certificate from Craven County Community College of North Carolina. Pamela has dedicated most of her fitness career to providing health and wellness services for the United States Marine Corps and Navy military members, Department of Defense personnel, and their families.