

# ROYAL OAKS



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AN EXCLUSIVE SOCIAL NEWSLETTER FOR THE RESIDENTS OF ROYAL OAKS

*living*



MEET  
PAM OWENS

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# meet pam owens

"LEADING POWERFUL JOURNEYS"

By Angey Murray







**W**ith more than 24 years of fitness experience with a specialization in golf-specific fitness training, Pam Owens is a great asset at Royal Oaks Country Club. In fact, her expertise in mobility and power along with nutrition coaching makes her the fitness director extraordinaire.

“I love working at the club because the surrounding beauty feels like a resort right in the middle of Houston,” says Owens. “The members are here to work-out, golf, dine and enjoy each other’s company so everyone is active or at leisure which provides a wonderful environment.”

As well as being the club’s fitness director for the past four years, Owens has trained a Masters champion as well as a player with the 2017 Houston Astros. Her nutrition coaching includes “helping those who want to lose weight, increase performance, gain energy or just have a better relationship with food.”

It doesn’t come as a surprise that with such a passion for helping others be well that Owens likes to spend her free time working out and walking outside with friends. She and her husband Randy of 35 years also enjoy relaxing at their Texas Hill Country property, hunting, hiking and playing board games. At home, the couple has two “grand-dogs,” an English bulldog named Pickles and a mixed breed Taco.

Visiting wineries is also a favorite past time, as well as bunko with friends and visiting local restaurants. Some of her favorites include Del Frisco’s for steak and Cazadores Mexican Restaurant for casual TexMex food, sure to be a hotspot for the couple’s Friday night family TexMex dinners.

