

Chris D.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- 3 years of varsity football at Irvine High and Captain Sr. Year
- 3 years of varsity basketball at Irvine High (Defensive MVP all 3 years)
- Studying to become a Career Firefighter
- A ReservWorking for OCFA as a Reserve Firefighter at station 26



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 150