

Darren S.



Master Trainer
Fitness Manager
Team Member Since: 1997
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Health Science from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- USA Weightlifting Certification

Hobbies and Achievements

- I have competed in triathlons since 2006
- I am an avid golfer and played



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

