

# Darren K.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

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

## Hobbies and Achievements

- Emerald Cup Champion
- Brazilian Jiu Jitsu, Purple Belt
- Personal Trainer since 1988
- Crossfit Competitor
- Mud Runs



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 428