

Darnell P.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Health Science from Prairie View A&M University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Parachute beach sprints
- Music
- Weight lifting



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

24hourfitness.com/personaltraining

Club ID: 487

