

# 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



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