

Darla D.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in KINESIOLOGY from HUMBOLDT STATE UNIVERSITY
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- FAMILY TIME
- CRAFTING
- COOKING
- EXPLORING THE OUTDOORS



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Club ID: 523