

Darla D.



Certified Personal Trainer
Fitness Manager
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

- Reading
- Writing
- Exploring the outdoors
- Raising my two boys
- Challenging myself



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

24hourfitness.com/personaltraining