

# Chris D.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

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

## Hobbies and Achievements

- 3 years of varsity football at Irvine High and Captain Sr. Year
- 3 years of varsity basketball at Irvine High (Defensive MVP all 3 years)
- Studying to become a Career Firefighter
- A ReservWorking for OCFA as a Reserve Firefighter at station 26



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

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

Club ID: 150