

# Darren S.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 1997**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Health Science from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- USA Weightlifting Certification

## Hobbies and Achievements

- I have competed in triathlons since 2006
- I am an avid golfer and played



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

