

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

Club ID: 807