



Darrion
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I want people to know that you don't have to go to the gym or run 6+ miles every day to be healthy or fit. It's about getting up every day and just moving. You won't be able to go your hardest every single day and that's ok, as long as you're getting up and trying your best that is all that matters.

AREAS OF SPECIALTY

- HIT high intensity interval training
- Body weight workouts
- Corrective exercise
- Strength/Conditioning training

INTERESTS & HOBBIES

- Running
- Playing sports
- Yoga
- Spending time with my family and friends
- Anything active or outdoors

EDUCATION/CERTIFICATES

- ISSA personal trainer
- ISSA corrective exercise specialist
- ISSA nutritionist
- ISSA weight management specialist
- CPR/ first aid/AED certified

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

