

Dinwiddie County Parks & Recreation Instructor Bio

Darlene Harris



- ◆ **Cardio Mix**
- ◆ **Seniorcize**

My name is Darlene W, Harris. I have lived in Dinwiddie County since 1980, and I graduated from Dinwiddie County High School in 1981. My interest in physical fitness began in 1984, and I began to learn more about what can be done to lead a healthier lifestyle. I became certified as an Aerobics Instructor in 1994, and I began instructing for Dinwiddie County in 1998. I currently hold certifications in Aerobic Instruction, Mat Pilates (I and II), Nutrition Specialist, and Personal Training. I have also successfully completed many other fitness related courses, including Water Aerobics, Senior Aerobics, and Principles of Health & Fitness, and I am currently certified Adult CPR and in the use of “AED” (Automated External Defibrillator). I am continuing my fitness education, and recently successfully completed courses in “Physical Therapy Aide”, and “Professional Fitness Specialist”.

