

Derek Arledge

Personal Trainer

Derek began working in the fitness industry in 2003. He started in DC, then moved to Massachusetts where he interned with the Patriots for six months, and then settled back in Virginia. He is an NSCA certified strength & conditioning specialist and an ACE certified personal trainer. For Derek, form, function, and alignment are key. He also loves creativity and building good relationships with those he trains.

Derek is a husband, dad, and son. He serves as the head ice hockey coach for the Varsity 2 team at Bishop O'Connell and at UMBC. He also coaches hockey at Fort Dupont for "Kids On Ice" and leads the Chesapeake Regional Hockey Review. When he is not at Level, he is everywhere else. He teaches group fitness at Mt. Vernon and The St. James and works out on social media.

