



YMCA of Cass and Clay Counties
Personal Trainer Bio

Jeff Duerr



I believe a workout must have a variety of exercises. This stimulates and challenges your muscles and keeps you interested. Exercise should be fun and rewarding – then it becomes a lifestyle!

CONTACT

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EXPERIENCE

- 25+ years experience: teaching/coaching physical fitness, collegiate-level athlete in Football and Track, Burggraaf skating strength and conditioning specialist, trained several Division One and NHL Hockey players, and more!
- Close working relationship with spine specialist, chiropractors, physical therapist, and medical doctors.
- CEC's in marathon training, golf injury prevention specialist, joint integrity for athletes, and speed training for athletes.

EDUCATION

- B.S. Physical Education | Health & Coaching Minor | Minnesota State University
- A.S. Pre-Physical Education & Recreation | North Dakota State College of Science
- ISSA (International Sports Sciences Association) Certified Fitness Trainer
- Posture, Pain and Performance Workshop | Egoscue University, San Diego, CA
- Professional Member of American College of Sports Medicine (ACSM)
- Professional Member of National Strength & Conditioning Association (NSCA)