



YMCA of Cass and Clay Counties
Personal Trainer Bio

JESSE OTT



Health & Wellness is more than just exercise. To be truly healthy, one needs to exercise all dimensions of wellness: “Physical, Emotional, Spiritual, Intellectual, Environmental, Occupational and Social” I care about my clients and strive to help you reach all of your wellness goals.

CONTACT

- 701.789.1759
- jesse.ott@ymcacassclay.org

EDUCATION

- B.S. in Exercise Science from North Dakota State University
- NSCA Personal Training Certification

EXPERIENCE

- Member of the National Strength and Conditioning Association (NSCA)
- 7+ years educating youth
- 10+ years personal fitness experience

SPECIALTY

- Strength Training
- Sport Conditioning and Youth Specific Training