



YMCA of Cass and Clay Counties  
PERSONAL TRAINING

# CHANS BROWN



My training style will challenge you as well as get you moving with a combination of strength, power and cardiovascular training. My goal is to create a fun and educational environment where you are constantly striving to meet your goals! Come ready to sweat, work and have fun!

## CONTACT

- 701.356.1453
- [chans.brown@ymcacassclay.org](mailto:chans.brown@ymcacassclay.org)

## EXPERIENCE

- 5+ years as a National Council of Strength & Fitness (NCSF) Personal Trainer
- Future Leader of Exercise Intern at the University of North Dakota
- Collegiate Athlete in Track & Field
- Professional Member of the National Strength and Conditioning Association (NSCA)

## EDUCATION

- B.S. in Kinesiology from the University of North Dakota
- NCSF Personal Trainer

