



YMCA of Cass and Clay Counties  
PERSONAL TRAINING

# 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

- 701.239.9556
- jeffrey.duerr@ymcacassclay.org

## EXPERIENCE

- 25+ years of experience: teaching/coaching physical fitness, collegiate-level athlete in Football and Track, Burggraft 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)

