



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WILL GEDDE

## PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

### Qualifications:

**Bachelor's Degree in Exercise Science/ Minor in Psychology**  
**3 years ACE Certified Personal Trainer**

### Specialties:

**Posture Correction, Balance Training, Strength and Resistance Training, Post Physical Therapy exercise, Exercise fundamentals for beginners, Active older Adult Fitness, Quality of life and Mobility.**

### BIO:

I have always had an interest in sports from a young age, whether it was playing or watching them. The human body amazes me in what it can achieve, and I want to help people realize their potential. I want to help people enjoy exercising and increase their quality of life by helping restore everyday movement and strength to live a happy and healthy life.

