

VETERANS MEMORIAL COMMUNITY CENTER PERSONAL TRAINER

CONTACT DETAILS

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Doug Downhour is a certified NETA instructor. He has spent many years participating in VMCC fitness center classes and joined the VMCC personal trainers team.

“I moved 100 bales of hay this weekend. I would not have been able to do it without the Strength Training Circuit class that Doug instructs.”

— STEVE



Doug Downhour PERSONAL TRAINER



Personal Summary

Doug has always been actively involved in a wide range of fitness classes throughout his life. Today, as a personal trainer, he has the privilege of leading our specialty classes. His areas of expertise include strength training, endurance building, and cardio fitness for individuals of all ages. Doug has experience coaching team sports at both the youth and adult levels. Helping others reach their fitness goals through coaching, training, and motivation is something he's truly passionate about.

Outside of fitness, Doug is an avid dog walker, often seen with his black lab, Grace, exploring the parks and trails around Inver Grove Heights.

Let's connect and get started!

Core Skills

- NETA Group Fitness & Personal Trainer Certified
- Cardio Train Instructor
- Strength Training Circuit Instructor
- Youth Instafit Coach

CALL OR EMAIL DOUG TO SET UP YOUR APPOINTMENT

