



Brady
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I take a personalized, one-on-one approach to training because everyone moves differently. I view movement as medicine and believe that small, consistent improvements lead to meaningful results over time. Whether you're an athlete aiming to improve speed, strength and explosiveness or someone working toward personal fitness goals, I'm committed to guiding and challenging you so that every session is productive, safe and result-driven.

AREAS OF SPECIALTY

- Performance training for athletes
- Youth development
- Injury prevention and mobility
- Speed and power development

INTERESTS & HOBBIES

- I love training, staying active and figuring out new ways to get better.
- Outside of the gym, I'm usually hanging with family, watching games or working on my own fitness.
- I like spending time with my friends and learning more and more about training as a whole.
- I enjoy hiking, and I'm starting to get into golf, and that's been a journey in and of itself!

EDUCATION/CERTIFICATES

- NASM- CPT
- NASM- PES
- CPR/AED
- Current: (UW Whitewater Human Performance Program)

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

