



Brady
PERSONAL TRAINER



Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

My goal is to make you feel better and be healthier. Whether your goals are losing weight, building muscle, gaining strength or just getting your body moving, I will help you reach them.

AREAS OF SPECIALTY

- Adult functional training
- Running-specific training
- Strength training

INTERESTS & HOBBIES

- Distance running
- Trail running
- Soccer
- Weightlifting

EDUCATION/CERTIFICATES

- ISSA Personal Trainer
- ISSA CPR
- AED

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

