



METROWEST YMCA

BRADY L.

Personal Trainer:

EXPERIENCE/AREAS OF EXPERTISE:

I have experience programming and instructing group and 1:1 training sessions with a range of demographics. My areas of expertise include weight training (free weights and machines), working with children, and working with those new to exercise.

EDUCATION & CERTIFICATIONS:

ACSM Certified Personal Trainer

American Red Cross Adult CRP/AED Certified

B.S. in Public and Community Health with Fitness concentration

ACTIVITIES/HOBBIES/INTERESTS:

I am passionate about health and fitness, specifically weight training. Outside of the gym, I enjoy playing and watching sports with my family and friends. I love being active and sharing that passion with my clients.

PHILOSOPHY:

Making training simple and effective for everyone. So often, new exercisers are confused by the sheer amount of mis-information available online about fitness. My approach is to make fitness simple for everyone by giving them practical, actionable advice and exercises to improve their well-being.

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)