



BRAD ULRICH

PERSONAL TRAINER

Specializing in performance development for young athletes and functional training for all ages. Brad utilizes strength and conditioning techniques, outdoor running, and aquatic workouts to achieve results.

In addition to personal training, Brad is also our Y-Fit boot camp instructor. He has been teaching our boot camp since 2012!

Brad graduated from Bradley University in 1989. He loves spending time with his wife, Heather, and their kids!

Contact Information:

- Phone: (706) 543-9217

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