



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Brad
Ratzow**
Personal Trainer
ACE



PHILOSOPHY

To encourage and motivate others by example and participating with them on their journeys. Helping trainees to find the self-confidence and drive to help them move forward all while maintaining a healthy FUN Lifestyle.



EDUCATION/CERTIFICATIONS

- ACE Certified Personal Trainer
- ACE Fitness Nutrition Specialist
- RRA Certified Run Coach
- YMCA Group Exercise
- CX WORX
- MOI Cycle Instructor



SPECIALTIES

- Run Coaching/Running Strength
- Strength Training/Conditioning
- Multi-sport Training



DEMOGRAPHIC

Everyone, Beginner to Advanced, ALL Ages



A LITTLE ABOUT ME

I love to be active: running, cycling and group exercise with others and having fun while doing it.

**Contact Brad at 920-262-8555
at the SCHULTZ FAMILY YMCA to
set up your training session!**