



# JACOB

*The Y is just a great community all around.*

## JACOB FRADY

### About Me

I am from Mt.Holly, NC. I grew up playing sports and developed a passion for fitness! I spent four years in the US Army, stationed in Anchorage Alaska as a paratrooper for 3/509th apart of 4/25th. With one deployment to Afghanistan. I am now a member of the Army Reserve. While I pursue my collegiate degree, I decided to follow my passion for fitness and help others along their way!

### Certifications

- ISSA certified
- CPR certified

### Specializations

- Weight training
- HIIT

### Biggest Result with a Client

Helping a client lose 15 lbs. While rehabilitating an injured knee.

### How would I define my training style

My training style is pushing to reach goals. While building confidence and knowledge in the gym. Working with you to be where you would like to be!

### Favorite Workout

Can't go wrong with Pushups!

## MY Y STORY

I choose the Y because it is a great place to work. Everyone, including employees and members, are nice and willing to help you with anything you need. What keeps me here are the people. It is a great community all around!