



Maria Ulbricht

Master Personal Trainer



Education and Certifications:

- B.A. Catholic University
- Yoga Certified, Yogafit
- Personal Trainer Certified, ACE
- Pilates Certified, Body College
- Kickboxing Certified, Thomas the Promise
- STEP Certified, Reebok
- Group Fitness Instructor Certified, AFAA
- Spinning Certified, Johnny G.
- CPR Certified, AHA

Training Specialties:

- Core Training
- Yoga Conditioning for the Athlete
- Triathlon/Outdoor Training
- Patients with Osteoporosis
- Weight Loss

Philosophy on Health and Fitness:

Everything in moderation. Constantly varying workouts keeps them exciting and effective. Try something new. And, when all else fails, laugh!

Personal Information:

Former professional dancer. Has competed in numerous open water Olympic distance triathlons. Enjoys cooking and any type of movement, especially when shared with amazing husband and three incredible children.