

Tony Venneri

FITNESS SPECIALIST

EDUCATION & EXPERIENCE

I am a NASM-certified personal trainer with broad experience in various fitness environments. My background includes coaching middle school and high school ultimate frisbee in North Seattle. I remain actively involved in coaching and training individuals of all ages and backgrounds. I use my time off to focus on studying health sciences.

TRAINING STYLE & PHILOSOPHY

My training approach is holistic, aiming to enhance both physical health and mental well-being. I prioritize creating safe and supportive spaces where people feel comfortable exercising. I believe in being a strong source of support and a dedicated cheerleader for every client.

IF I WEREN'T WORKING IN FITNESS:

Staying true to my younger self, I might pursue a career at Starbucks—a dream I mentioned in elementary school when asked what I wanted to be (I was about seven or eight and quite realistic!). Alternatively, a career in a health-related field is also an interest of mine.

CONTACT ME AT

tony.venneri@vivecorp.com

