

Brett Anton

FITNESS SPECIALIST

EDUCATION & EXPERIENCE

Brett has two years of experience as a NASM-certified personal trainer, paired with training in massage therapy. Having worked across multiple gyms, his background ranges from leading high-energy, CrossFit-style group classes to guiding the methodical, careful recovery of one-on-one injury rehab—and nearly everything in between.

TRAINING STYLE & PHILOSOPHY

Brett believes training should be highly personalized and enjoyable. He meets you where you are, whether you need high-intensity training, sport-specific prep, or foundational stability work. He is committed to listening closely and helping you build strength, improve mobility, and achieve your unique fitness goals.

IF I WEREN'T WORKING IN FITNESS:

I'd be on an organic farm somewhere! I believe strongly in our connection to the Earth and am deeply interested in sustainable agriculture. Plus, spending all day around plants is highly therapeutic, provided the physical labor isn't too intense.

CONTACT ME AT

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