



THE NEXT LEVEL

Personal Training at the Y

Brent Bryant



Background

Growing up in the greater Los Angeles area and being the second oldest of 8 boys, his mother made sure he was well rounded, a responsible leader, and a positive example. All of this lead to a desire to join the armed forces. On September 11, 2001 he enlisted, not knowing what would take place later that morning. He's now an U.S Army Veteran, looking to share his passion for exercise and healthy living...HOOAH!

Workout

Brent has nearly 20 years of athletic experience to utilize in his workouts including military training, weight training, indoor-outdoor circuit training and TRX® suspension trainer. He seeks to find and awake his client's inner strength to help them reach their fitness goals.

Certifications & Specializations

- American Council on Exercise (ACE)
- TRX® Suspension and TRX® Rip Trainer Certified Instructor
- BLS Instructor (American Heart Association)

Philosophy

"Don't pray for an easy life, pray for the strength to endure a difficult one."

-Bruce Lee

Interested in Training with Brent?
Lakewood Family YMCA
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