



FRANKE TOBEY JONES  
*Enjoy your age*



## Andre Anthony— Wellness Instructor

Andre Anthony was born on a military base while his father was deployed. Throughout his youth, Andre lived in a few different countries, including Japan, Korea, and Germany, but he has spent most of his life living in the Pacific Northwest. A lot of his childhood memories come from his time living in Korea and Germany, he was a little too young to remember Okinawa. His father had a 20-year military career, and when he was stationed at Fort Lewis in the early 70's, Andre found himself at home in the Tacoma area.

When it comes to following in his father's footsteps, Andre thought of enlisting, but because he was given the opportunity to play football, his life went down a slightly different path. He started playing football in high school, then at a college in Idaho, before ultimately playing for a professional team. His time at college was brief, he learned early it was not the right fit, and found a job. A couple of years later, a good friend of his was drafted to an NFL team and when they held try-outs, his friend invited Andre. That is how Andre started his professional career in football.

Again, life took him down a different path, and when he left football, Andre became a business consultant. While doing this, he also coached football and basketball out of Lakewood for ten years, bringing his knowledge and skills to a demographic of children who could not afford specialized camps for these sports. Andre would coach these children from 3rd grade up to 9th grade, teaching them the sport and never once cutting a child from the program for lack of skill or talent.

One day, Andre had an epiphany that would change the trajectory of his life and career. He was watching TV, a college football game where one of the teams was our very own Washington Huskies. Then Andre realized one of the players for UW was a former student who went through his football coaching program, and he scored a touchdown! That player would later go on to play for the Seattle Seahawks. Witnessing that significant moment, something in Andre's head clicked, his spirit spoke, and he had a revelation. "If I could teach that child to play football, who else can I impact?"

That is when Andre pursued a career as a personal trainer. His first foray into this career started at LA Fitness, where funnily enough, he used to work with his current coworker, Sarah Doerner. Despite his certification, he started working at LA Fitness as a janitor, and because he put everything into what he does, he was one of the best. That job title changed when there was an emergency, requiring a last-minute trainer to take over a class, and Andre was asked to help. Andre was so successful he spent the next nine years working as a personal trainer for the company.

The next step in his career was with MetroParks (now known as Parks Tacoma). He taught a lot of different exercise classes and founded and ran the most popular camp available for children. Ninja

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Camp included different martial arts and life lessons. This weeklong camp would sell out every year, and on Fridays the children would give a demonstration of all the skills they learned. The martial arts Andre practices is a system built up of multiple different types of martial arts that he learned through a lineage that was passed down from Bruce Lee to Danny Inosanto, to Andre's instructor, and eventually to Andre. Andre's system is not the exact system his instructor taught, but a version that combined his instructor's arts with Andre's own system and philosophy.

Then the next step in Andre's career brought him to Franke Tobey Jones, and he could not be happier. Working at FTJ has brought him clarity and peace. Even though he has only worked at FTJ for a little over a year, working here has taught Andre to appreciate life and given him much more confidence in his programming. A recent Employee Scholarship recipient, Andre is hard at work studying to get re-certified as a personal trainer.

In Andre's spare time, when he's not spending time with his spouse or three children, Andre is a professional dart player and has won competitions in Hawaii and Las Vegas. He also enjoys fishing and crabbing. When he goes crabbing, he sticks to the docks. He recalled when he went tuna fishing once, they were in the middle of the ocean, it was dark, rainy, and windy. It felt like *The Perfect Storm* movie.

Unsurprisingly, as a wellness instructor, Andre's daily routine includes getting up at 4am to go to the gym. Andre prefers going early in the morning not only for peace and quiet, but because it allows him to be present without distractions. When he can get to the gym early, his day is set with a positive tone. "I won today," Andre says.