



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN BOE

WELLNESS COUNSELOR

“Some hobbies of mine are hiking, paddle boarding, swimming, video games, rock climbing, and spending time with family. I still love to box and it is a staple in my own personal fitness journey. I also love to volunteer and give my time to people in need.”

BACKGROUND

- Associates of Applied Science in Fitness Training—Clark College
- Registered Yoga Teacher 200
- YogaFit® Level 1, Anatomy and Alignment, Seniors and Back Corrective Exercise | Clark College
- Group Fitness Instructor | Clark College
- Crossfit Level 1
- Former competitive Amateur Boxer and Coach

SPECIALIZATIONS

- Movement
- Corrective Exercise
- Agility Training
- Athletic Performance
- Boxing
- Yoga
- Weight lifting
- Small Group Training

“I have been in the fitness industry for many years. As I have grown older I have realized that true health comes from staying active, being positive, surrounding yourself with loved ones and moderation in all things.”



CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle
Vancouver, WA 98682
360.258.3843
ymcacw.org

