



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOYCE STEVENS

## PERSONAL TRAINER/WELLNESS COUNSELOR

“I enjoy spending time with my husband, Ron, and our four children. I love to play ice hockey, hike, walk my dog and read.”

### BACKGROUND

- CrossFit Level 1 Certified
- CrossFit Endurance Certified
- CrossFit Kettlebell Certified
- ACE Certified Group Trainer
- International Youth Conditioning Assn.—Youth Fitness Specialist Level 2
- Winning Edge Sport Nutrition—University of Arizona
- TRX Suspension Certified
- BoxMaster Certified Trainer
- YMCA Sports Conditioning



### SPECIALIZATIONS

- One-on-One Personal Training
- Group Training
- Boxing/Kickboxing
- Sports Conditioning
- Wellness Coaching

### CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle  
Vancouver, WA 98682  
360.258.3843  
[ymcacw.org](http://ymcacw.org)

