



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RYAN BUCK

PERSONAL TRAINER

“We each have only one life to live, so let us live it well. As many others, my journey into fitness began with insecurities, but as I moved deeper into healthy living I matured.”

BACKGROUND

Ryan’s goals and passions shifted away from himself and towards helping other people. He became a student of fitness training. As with most things in his life, Ryan has sought out great mentors and amazing people who challenge him to be better.

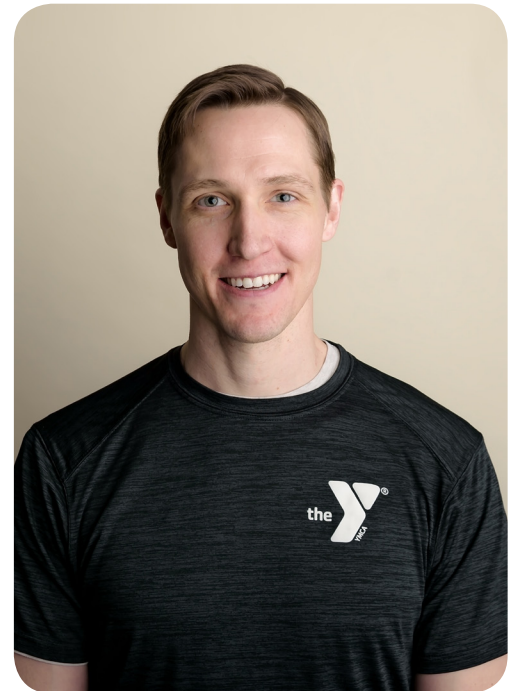
Ryan has over a decade of experiences Personal Training hundreds of clients and mentoring dozens of other Personal Trainers and Wellness Directors. Ryan had the great privilege of leading and growing Personal Training for the 19 YMCA facility in the Dallas TX Association by teaching service, science and sales.

Ryan has become flexible in his training style, but his default is that of an encourager and teacher.

He believes that there is wisdom that can be found in movement.

As a result Ryan treats programming as an artful craft.

He strives toward intentionality and thoughtfully helping others push towards their edge and at times past, building endurance of mind and powerful strength.



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