



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NOVEMBER'S CAUSE DRIVEN LEADER 2023 – BLANCA ARCE



If you're looking for enjoyable and challenging group fitness classes, look no further than Blanca - our group fitness expert! Blanca can help you achieve your fitness goals with her fantastic group fitness classes, including Cardio Strength, Yoga, and Fit for All.

Blanca welcomes members into her group fitness classes with a warm smile and positive attitude. She helps build relationships with in her classes and strives to build a sense of community for all. Blanca has the amazing ability to push people to their limits and inspire them to do more than they ever thought possible.

Her energy and enthusiasm are truly infectious. She leaves participants feeling motivated and inspired after taking her classes. Blanca does an excellent job of effectively communicating modifications for all the classes she teaches to make sure everyone can participate.

Since joining our team, Blanca has taken on additional responsibilities, teaching more classes and helping with fitness activities. Blanca embodies the spirit of the Y and guides our members toward a healthier and happier version of themselves each time they come to they Y.

Blanca, thank you for the amazing work you do. We are so lucky to have you on the YMCA Team!

WENATCHEE VALLEY YMCA

To strengthen youth, families, and communities by promoting Christian principles and putting them into practice through leadership and programs that build healthy spirit, mind and body for all.