

NOVEMBER MEMBER OF THE MONTH

Danielle Bowden

Danielle has been a member of the Southern Boone Area YMCA for several years now. I can say without a doubt that you have seen Danielle in the gym a time or two. She would say she has a passion for fitness but I would argue that she has an obsession! She uses the gym daily and some days more than once. Recently, Danielle hyper-extended her knee and her recovery is going to be a long process. She's thankful for all the questions and concerns about her recovery and is happy to know she isn't the only one who has suffered a knee injury from working out. Danielle enjoys meeting new people and is grateful for all the advice given from members and is glad she can build friendships. She is excited to share knowledge and learn new ideas from others who have the same passion for fitness.

Danielle works part-time and is a full-time mom of three. Her and her family love all of the youth and health and wellness programs the YMCA offers. Her children enjoy the child watch activities and have made strong connections and friendships in the program. She loves how involved and invested the YMCA is on the Southern Boone Community.

Derek Mordica
Program Director