

## Gina Pona-Norton

St. Louis, Missouri · [ginaona@personalizedtrainingcompany.com](mailto:ginaona@personalizedtrainingcompany.com) · (314) 650 – 3571

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### WORK EXPERIENCE

#### Personalized Training Company Inc., LLC

2001-Present

##### *Co-Owner, Founder, Director, Trainer*

- **Develop** personalized fitness training programs for individuals with; disabilities, special needs, competitive athletes, weight loss, prenatal, post-natal, and post-rehab needs
- **Create** fitness and wellness marketing programs for corporations and small businesses
- **Generate** progressive health and wellness exercise programs for groups large and small
- **Produce, publish, and implement** health and wellness incentive programs for private and public entities
- **Train, Educate, and Employ** future personal trainers and coaches

#### Prescott College

2007 - Present

##### *Adjunct Professor, Proctor*

- **Advise and Mentor** students with their educational planning
- **Review** students' academic papers
- **Assist** students with developing educational goals
- **Administer** educational guidelines and materials
- **Write** semester evaluations for each student

#### YMCA of Greater Saint Louis

1986-Present

##### *Director, Coordinator, Instructor, Lifeguard, Camp Leader, Coach, Trainer*

- **Coached** Gymnastic Team and Swim Instructor for South County YMCA
- **Developed**, Wrote and Implemented a Home School Physical Education Program for the South County YMCA
- **Co-created** a Gymnastic, Swim Program for Toddlers
- **Wrote and Coordinated** assessment tools for gymnastic, swimming and fitness programs for South County YMCA
- **Coordinated** a Summer Gymnastic Camp for Youth and Teen for the South County YMCA
- **Personal Trained** members with basic training, special needs
- **Fitness Associate and Coached** individuals with their wellness programs for South County YMCA
- **Lifeguard, Assistant Team Swim Coach, Fearful of Water Instructor, Adult Swim Coach**, South County YMCA
- **Director** of the Fitness and Wellness Department, South City YMCA
- **Co-created** a developmental fitness education program for staff and members, Metro Downtown YMCA
- **Coordinated** Aerobics Department for the Kirkwood YMCA
- **Media Spokesperson** for Kids Fitness, Fitness Health Program for YMCA of Greater St Louis, Channel 5 News, NBC and the St Louis Post Dispatch

#### Special School District

2000-2002

##### *Teacher and Inclusion Facilitator*

- **Taught** basic reading, writing, note taking, study skills & classroom organization; self contained resource room Teacher
- **Motivated and Educated** regular primary education teachers regarding curriculum modifications & adaptations and inclusive law
- **Maintained** disability awareness & sensitivity training to standard education students & teachers
- **Advocated** for students and parents regarding inclusive education, the law, of kindergarten through 8<sup>th</sup> grade

#### University of Missouri-St. Louis

2000

##### *Graduate Student/Grant Research Assistant*

- **Edited** and designed Mathematics & Anthropology lesson plans resource book for high school educators, teachers
- **Evaluated** Mathematics & Anthropology lesson plans, 7<sup>th</sup> grade 12<sup>th</sup> grade
- **Observed and Reviewed** workshops for the Mathematics & Anthropology high school teachers grant project
- **Collaborated and developed** with Master Professors regarding resource development

Webster University

1997-1999

*Associate Administrator for Literature and Philosophy departments*

- **Organized** student activities for the Literature and Philosophy departments
- **Designed** and **Coordinated** yearly student poetry publications
- **Conducted** daily office responsibilities, such as overseeing budgets and event planning
- **Assisted** the chairpersons of the Literature and Philosophy departments
- **Coordinated and advised** undergraduate work study students

Immaculate Heart of Mary School, Archdiocese of St. Louis

1995 -1998

*Teacher of Mathematics and Science, Grades 4-6*

- **Taught Science and Mathematics** to grades 4-6
- **Taught religion** to grades 4<sup>th</sup> and 5<sup>th</sup>
- **Created and Established** in-school and after-school peer tutoring programs
- **Initiated** and developed K-6 grade multi-cultural, multi-discipline units
- **Taught** senior elementary educators basic computer skills for use in the classroom

## **HIGH SCHOOL WORK EXPERIENCE**

Quail Creek Golf Course

1985-1987

*Driving Range Assistant*

- **Drove** the driving range tracker, cleaned for range
- **Assisted with catering, the restaurant, the club house**
- **Assisted Golf instructors**

Country Hill Swim Club

1986-1990

- **Swim Instructor**
- **Snack Bar Assistant**
- **Early Morning Pool Cleaning Crew**
- **Lifeguard**

YMCA – South County

1985- 1990

- **Gymnastic and Swim Instructor and Coach for South County YMCA**
- **Lifeguard, Assist. Team Swim Coach, Fearful of Water Instructor, Adult Swim Coach, South County YMCA**
- **Swim and Gymnastic Instructor for people with special needs**

## **EDUCATIONAL HIGHSCHOOL SPORTS EXPERINECE:**

- **Spirit Gymnastic Team, 1982-1984**
- **Missouri Twisters Gymnastics Team, 1983 - 1989**
- **Country Hill Swim Club –Swim and Dive Team, 1984-1989**
- **Mehlville, Varsity Swimming and Dive Team, Varsity Cheerleading, 1986- 1990**
- **C.Y.C Softball 1984-1987**
- **Tennis Team, Country Hill Swim Club, 1984-1988**

## **AWARDS AND MERRITS**

- **Participant of the Missouri Kitten Classics, Gymnastics, 1985-1987**
- **St Louis Community College Children's' Theater, 1990**
- **Girl Scouts of America College Scholarship**
- **St Louis City Operation Bright Side, Clarence Harmon, 1999**
- **Outstanding Employee Awards, YMCA**
- **Assistance Dogs For Living, Service Dog; Therapy Dog: Casey Pona**

## **EDUCATION AND CERTIFICATIONS**

35 hours Beyond M.A.T., Science Education, University of Missouri Saint Louis  
M.A.T., Education, University of Missouri Saint Louis, 2001  
B.A., Education, Webster University, Saint Louis, MO, 1995

## **TEACHING CERTIFICATIONS - CONTINUING EDUCATION COURSES:**

- Science Teacher, FAST- DASH, University of Hawaii and University Missouri St Louis
- St Louis Archdiocesan, Religion Elementary Educator, 1996
- Personal Trainer, Strength and Conditioning Coach, YMCA, IFPA, AFFA, ACE
- Fitness Leadership, Principles of Health and Fitness, Gymnastic Leadership, Director for Active Older Adults, Nutrition and Weight Management, YMCA
- Yoga Teacher, YOGA-FIT level 1, 2, 3, Big Bend Yoga Center, Yoga Source, Arizona and Florida Resort Training,
- Mat Based Pilates, Leslie Bender, AFFA, Fitness, Behind The Senses Fitness, Evolution Fitness, Sara City Workout

**Educational Goal:** *PH.D in Physical Education/Educational Psychology*