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Kirsten Rice-Fox West YMCA Hero

Fox West recognizes Kirsten Rice as our 2016 Staff Hero. Here are the words I shared at the meetings about Kirsten...

The 3 words that best describe Kirsten are:

- **Motivating**
- **Caring**
- **Supportive**

Back in the summer of 2007, when I was still working at the Appleton Y, I received a call from a recent Michigan State University graduate who was inquiring about our Personal Fitness Program Coordinator position.

A few interviews later Kirsten Rice joined our Appleton Y Team and began her Y career as our new Personal Fitness Program Coordinator. In 2011 she was promoted and hired as our Fox West Y Health and Fitness Director. This fall she will celebrate her 10 year anniversary with the YMCA of the Fox Cities.

Kirsten's passion for fitness and helping others is evident in the way she teaches fitness classes, helps a member reach their fitness goals or overcome an injury, mentors a new member of our fitness team or encourages our staff team to make their personal health and well-being a priority. She makes safety a priority but also ensures there is an element of fun incorporated into her classes or programs.

Kirsten goes the extra mile to take care of each and every member she comes in contact with. She makes our members feel welcome and cared for... treating them like family.

She is a valued, loyal member of our staff team. On behalf of our Fox West Y team, I am proud and honored to recognize Kirsten Rice as our Staff Hero.



Please help me in congratulating Kirsten Rice as the Fox West YMCA Staff HERO!!