In Marissa’s own words: It was in my junior year in college at Montclair State University when I first realized that I was meant to become an entrepreneur. Sarah Yeager, an OCVTS alumnus and I started an online personal training business out of my small dorm room called IRONbabes. We grew our fun little business the next three years before we both agreed to move on to new ventures. My next entrepreneur venture would lead me to buying an old 1950’s barbershop in downtown Oshkosh, Wisconsin. It took six months of renovating the old brick building before Marissa’s Fit Boutique was born, a women’s personal training studio I had envisioned since I was 16.

I am SO grateful to OCVTS! It was the perfect stepping-stone for starting my career right after high school. I was able to immerse myself immediately into the fitness industry as a personal trainer, group exercise instructor, NPC bikini competitor, and powerlifter because of the confidence and knowledge I was equipped with before graduating. I still refer to my time at OCVTS as the “start of it all!”

I would like to share an amazing quote I once read. “Those who have their health have 1,000 dreams, those who don’t have their health only have one dream.” I encourage every one of you to go after your dreams and make them a reality! It is possible, I promise. However, it is not possible if you do not take care of your body, mind, and spirit in the process. Remember, a healthy business begins with a healthy owner.

As a business owner, I prefer to hire personal trainers with high levels of emotional intelligence. Personal training skills, coaching, and physiological knowledge can all be taught, but high levels of emotional intelligence is the X-factor. A trainer who has a high energy, enthusiastic personality is key to being successful in a service industry such as personal training. Our mission statement is to provide an uplifting, private environment where clients can learn to take ownership of their own health. We educate and empower people on holistic fitness, nutrition and mindset to achieve balanced health results.

Helene Crist, our Health and Fitness Instructor, was over-the-moon excited when she read about Marissa successful business venture on Facebook. Of course, she wanted to share the good news with everyone.

(Pictured left to right) Marissa is well prepared to utilize all of her training and emotional intelligence with her patrons at Marissa’s Fit Boutique.