

Ocean County Vocational Technical School

Working in the Field Sharing Success Stories

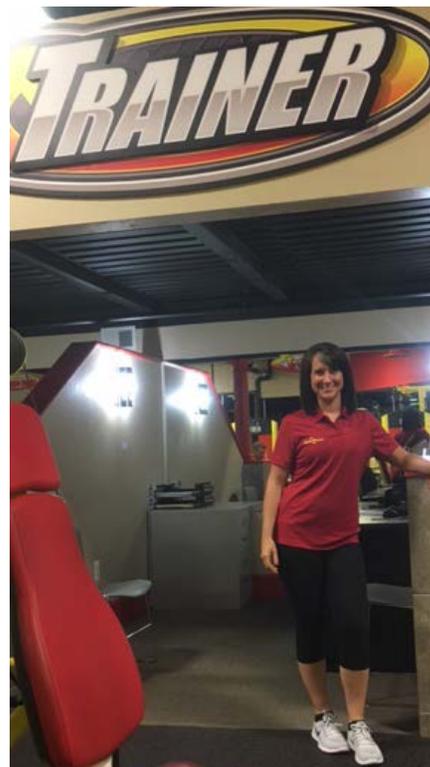


Student's Name: Lauren Knorr
OCVTS Program: Health and Fitness
Instructor: Helene Crist
Employer: Retro Fitness, Bayville, NJ

Class of: 2016
Center: Toms River
High School: Christian Academy
College: Pensacola Christian College

In Lauren's own words: I wanted a hands-on personal education. I also wanted to be able to ask questions and meet other people with the same goal as me and that is why I chose the Health and Fitness Program at OCVTS. I absolutely loved Ms. Crist! She was an excellent teacher. I loved the personal approach to the program. It was not a cookie-cutter program. She addressed each of our goals and educational needs based on those goals. This hands-on approach helped me succeed quickly in this field because I have seen and used many things that I am now tasked with as a trainer. This program gave me the necessary skills and prepared me to be a step ahead in the health and fitness field. The program also gave me great knowledge that I use daily. I must emphasize the hands-on skills were the most beneficial and why I truly recommend the program!

As you can tell by the smile on my face, I absolutely love working at Retro Fitness in Bayville as a trainer! We are truly focused on helping people achieve their goals and becoming the healthiest versions of themselves!



Helene Crist touted, "Lauren represents the ideal student completing the Health and Fitness Program! Not only is her laugh infectious and her energy contagious, she is driven and always conscientious. Many people are able to simply show up to a class/program, retain information, pass tests and get jobs, but Lauren's passion for the field is what makes it so much more than that! I had given Lauren the nickname "pocket Lauren" because her positive attitude and happy personality is something that you like to keep close by whenever you need a little lift."