



Name of female franchisee: Wanda Brisco

Number of locations: One

List of locations: 9Round Waldorf, MD (9R0420)

Background details/why you decided to open a 9Round:

My name is Wanda “ The Boss Lady“ Brisco and I am the owner_ operator of 9Round Waldorf, MD. I hold an MBA in Marketing from the University of MD and a BA in Business from VA Union University. I worked over 19 years for the Department of Defense (DOD) as a IT and Administrative contractor. I’m an ACE Certified Personal Trainer, Fitness Coaching Specialist, 9Round Certified Trainer as well as having over 12 years experience in martial arts (Shorin Ryu and Tang Soo Do styles).

My passion for fitness re-evolved from having a health scare in 2006. Once reality set in, I had to choose between a life on medications or making the necessary lifestyle changes to better my health; I chose the “Fit Life”. After losing 87 lbs. in a year and half, with the help of a personal trainer, I remembered how much I loved being active and fit. I got my ACE certification and started FIT-4-LIFE PT by Wanda in 2008. I trained clients out of a homemade gym in my garage and conducted boot camps at community parks where I lived.

As my clientele started to grow, I envisioned reaching more people and making my community a healthier place. I started researching franchise opportunities and was introduced to 9Round by a friend who was already going through the process of opening one. After doing my research and going through what was called “Discovery Day”, I found 9Round to be a perfect fit for me. I was hooked! In 2014, I started JOC-MOBS, Inc. (named for each of my nieces and nephews) and joined the 9Round Nation. The community has embraced 9Round and unbeknownst to me, I was nominated as one of the small business woman to watch in 2021 by our local Southern Maryland News. We will turn 5 years old December 16, 2021 and celebrate our mission of helping people meet their fitness goals and getting Waldorf, MD fit 9 rounds at a time!!!