Elissa began dancing at the age of six at Marjorie Jones Schools, Inc. in Columbus, Ohio. She studied ballet, tap, jazz, pointe, and modern techniques and competed in these styles for 11 years. After high school, Elissa continued her dance training at The Ohio State University, where she received her BFA in 2015. She studied ballet and various contemporary dance techniques under Ann Sofie Clemmensen, Rodney Brown, Bebe Miller, Susan Hadley, Karen Eliot, and Melanie Bales, among others. While in college, Elissa taught and choreographed for Marjorie Jones Schools, Inc. focusing primarily in jazz and contemporary dance styles. Elissa further pursued her education by attending physical therapy school at OSU, where she graduated with her DPT in 2019. Elissa currently resides in Mentor, OH where she works as a physical therapist with a special interest in treating dancers and the performing artist.