

Janet Reed

Director of Operations/Personal Trainer/Group Exercise

Janet has been in the industry for fifteen years. She has since become a certified personal trainer by the National Academy of Sports Medicine (NASM) and is both a Youth Exercise and a Senior Fitness Specialist through NASM. In addition, she holds certifications in the following fields: Tabata Bootcamp, Real Ryder Cycle, Les Mills Body Flow, Les Mills CXWORX, Pilates Plus, NASM Speed, Agility, and Quickness Training and NASM Mental Toughness.

Janet graduated from Salisbury University with a Bachelor's degree in Exercise Science. At Salisbury, she held an intern position with their Strength and Conditioning Program. She had the privilege to train top caliber athletes in many different disciplines and experienced many new concepts in the world of strength and conditioning. Her passion for fitness began there. This allowed her to start teaching her peers in both a group setting as well as one-on-one. Janet believes with hard work and dedication; all your fitness goals are possible.

Since the age of 4, Janet has been actively involved in sports. She started with cheerleading and quickly made her way into softball, basketball, and volleyball. After several years of training/playing, she became Captain in all four sports. Today, she is still playing softball and volleyball competitively and has added flag/two hand touch football to her list.

