

Janet Reed

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 football to her list. Sports are what make her world go around.

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 dedication and determination; all your fitness goals are possible. She has since become a certified personal trainer by the National Academy of Sports Medicine (NASM). She is also a Senior Fitness Specialist through NASM. Additionally, she has a certification in Tabata Bootcamp and the Real Ryder Cycle certification.

"I work at Level because fitness is a huge part of my life. I believe in staying active and doing what you love. Working with such knowledgeable trainers has inspired me to pursue my goal of becoming a successful trainer. The accomplishments for which I am most proud are graduating Cum Laude from Salisbury University, and purchasing my townhouse at age 25. When I am not at Level, I am usually playing a sport, sleeping, or hanging out with friends."



Hours available to train:

Mondays 8:00am – 4:00pm

Tuesday 6:00am – 2:00pm

Wednesday 6:00am – 2:00pm

Thursday 9:00am – 4:30pm

Friday 6:00am – 3:00pm