



Anowa Adjah is the first Nationally Recognized 200-pound Curvy Fit Master Trainer and Group Instructor. Along with her groundbreaking accomplishments in the Health & Wellness realm, she is also the creator of a successful line of Workout DVDs catered to women of all shapes and sizes. Professional, Influencer, Entrepreneur, and mother of twin boys, Anowa has solidified herself as an inspiration to millions around the world. Anowa's transparency and relentless efforts to motivate and encourage women all over the world has helped her generate a following of over 2 million men and women. Today Adjah continues to advocate self-love, acceptance, and optimal health. Anowa is also a well-respected motivational speaker who continues to encourage her audience to overcome adversity and pursue their dreams. Anowa's company "Anowa Adjah Works" (formerly known as Powerhouse Physiques) has expanded to include: online training programs, fitness challenges, hosting and more. Anowa is working on a book and a national campaign towards improving positive self-esteem, body perception, and health amongst teens and college-bound girls.

Anowa will be doing her "Force & Flexibility" class which is a fun-filled mixture of body weight exercises combined with progressive techniques that promote increased flexibility and the body's overall range of motion. This class is a celebration of the POWER OF THE WOMAN!! We will incorporate mantras and affirmations throughout the duration of the class as a reminder of why we need to be at our happiest/healthiest selves at all times. You don't want miss it!