

Meet Janaan!

"I first got into fitness in high school participating on the drill team. I have taught at a dance studio and currently teach spin at the YMCA. My day job is in health care at the Iowa Heart Center. I am a Certified Medical Assistant, and have an AA degree. I have 2 sons, a daughter in law, which I went on an amazing journey with to become a certified death midwife.... I have an amazing grandson who fills up my heart!! My mom passed away 12 years ago and I take care of my dad.. I started doing yoga to help with the stress of all that.. enjoyed it so much, I wanted to get my certification and help other people find their peace/stress relief... I believe God put me on this earth to be a caregiver in so many many different ways!!"