

# POWERLIFEYOGA

**\$99**  
**PER MONTH**

## *Did you know?*

- We have 4 studios throughout Des Moines.
- First visit includes FREE towel & mat rental.
- We offer morning, lunchtime and evening classes at all studios.
- 45-minute express classes are offered in the early mornings and over the lunch hour at all studios.
- Unlimited membership is honored at all of our Kansas City studios.

## **OUR CLASSES**

**POWER YOGA**  
*POWER SCULPT*  
**POWER RESTORE**  
**HOT YOGA**  
*CARDIO BARRE*  
**POWER F.I.T.**  
*POWER CYCLE*  
**CYCLE FUSION**

DOWNTOWN STUDIO  
1717 Ingersoll Ave.

JOHNSTON STUDIO  
8839 Northpark Ct.

WAUKEE STUDIO  
9250 University Ave.

WEST GLEN STUDIO  
5465 Mills Civic Pkwy.