

Welcome to Power Life!

We believe in building a community that is energized by the benefits of living a healthy lifestyle. We want to especially welcome and encourage beginners. Our classes provide a physically challenging and mentally exhilarating workout that is for everybody and EVERY BODY! We know that convenience is key for your busy schedule, so we offer 300+ classes per week, starting as early as 5:00am and as late as 8:30pm.

WHAT DO YOU NEED?

...**NOTHING** more than an
open heart and a smile!

FREE WEEK OF UNLIMITED CLASSES*

At Power Life we embrace beginners!
We gladly welcome everyone to come
and experience what we have to offer.

On your first visit you'll receive:

- FREE week of unlimited classes*
- FREE mat and sweat towel rental**

**New students to Power Life | **First visit only*

OUR STUDIOS

Our studios are different. And by different, we mean better. We understand that convenience is important for our students. Our facilities are much larger than traditional yoga studios and have separate studio spaces to run multiple classes at one time. We have changing rooms, lavatories and showers. We also have all the necessities available so all beginners can come in and practice for the first time free of stress.

DOWNTOWN STUDIO

1717 Ingersoll Avenue
Des Moines, IA • 515.243.3383

JOHNSTON STUDIO

8839 Northpark Court
Johnston, IA • 515.278.4853

WAUKEE STUDIO

9250 University Avenue, Suite 104
West Des Moines, IA • 515.518.3462

WEST GLEN STUDIO

5465 Mills Civic Parkway, Suite 225
West Des Moines, IA • 515.564.7555

WWW.POWERLIFE.COM





OUR CLASSES

POWER 1

INTRO TO POWER YOGA
85° • E

Our Power 1 class is a gently heated, moderately paced class designed to give you time and support to understand the proper alignment of each posture and introduce you to vinyasa or “flow” which is the transition through postures using one breath to one movement.

POWER 1.5

INTRO TO HEATED POWER YOGA
92° • E

Our Power 1.5 class builds upon the blue print of the Power 1 class and mixes in heat, a faster, more challenging flow and introduces more demanding postures (usually 5 per class). Power 1.5 classes will strengthen your body’s foundation, build core strength and improve your metabolism.

POWER 2

ALL-LEVEL HEATED POWER YOGA
99° • E

Power 2 is a challenging power yoga class that will empower you to move, breathe and sweat! Our Power 2 class focuses on engaging your entire body through a demanding, fast-paced yoga practice. Strengthen, sculpt, balance, detoxify and energize your body and mind!

RESTORE

ALL-LEVEL RESTORATIVE YOGA
UNHEATED

Join us for Restore to literally restore your body and mind. This practice is yin yoga, which works deeply into the connective tissues in order to heal joints and increase flexibility through slow, gentle, sustained traction. Restore is practiced slowly and quietly with a calm breath.

HOT YOGA

ALL-LEVEL HEATED YOGA
99°

Hot Yoga features the same 34 postures each class, which ensures students know what to expect. But there is plenty of space to learn, grow and discover while holding each pose for 5-7 breaths! Students with shoulder, elbow or wrist injuries will find little to no weight bearing on these joints.

POWER SCULPT

ALL-LEVEL POWER YOGA + WEIGHTS
92° • E

Power Sculpt is a unique combination of power yoga, core training and cardio. It is an upbeat and challenging practice designed to strengthen your yoga practice and your body. Yoga postures in Sculpt are similar to a beginner class with the addition of heat and weights.

POWER BARRE

ALL-LEVEL BARRE + CARDIO
92° • E

Barre with a twist! Be prepared to sweat and burn in this unique, high energy class that combines barre, weights and (sometimes) cardio. Barre targets every muscle group to help you look and feel your best. This class will challenge you both physically and mentally.

F.I.T.

FUNCTIONAL INTERVAL TRAINING
UNHEATED

Love working hard and getting your sweat on? Then you’ll love F.I.T.! Functional Interval Training will get your heart rate pumping and the sweat dripping utilizing a variety of exercises that incorporate cardio, strength, endurance, core, flexibility and functional movement.

WARRIOR WERK

ALL-LEVEL RHYTHMIC CARDIO CLASS
85° • E

Let’s get ready to WERK! Spice up your cardio workouts with this rhythmic, high-intensity class. Warrior Werk is a class that combines everything you love about Power Life – yoga, cardio, and core-strengthening – all while working to the beat of the music. Expect a sweaty good time!

WE ENCOURAGE ALL NEW STUDENTS TO TRY AS MANY CLASSES AS POSSIBLE DURING THEIR FREE WEEK. FIND OUR SCHEDULE ONLINE OR BY DOWNLOADING OUR FREE APP TODAY!

Many classes run one hour. Classes marked with an “E” are also offered in an express format and are 45 minutes long. All F.I.T. classes are 35 minutes long. We also offer “Gentle Heat” options for several classes listed above. Stay up-to-date on the schedules at all studios by downloading the FREE Power Life mobile app!