

Give us a try.

Complimentary class pass

Yoga
Core Conditioning
Strength Training

Class schedule: www.FitnessByDesignDM.com
To join a class contact Barb at
barbworkout@gmail.com or call (515) 770-3844.

Limit: One group class and two BEMER sessions per client.

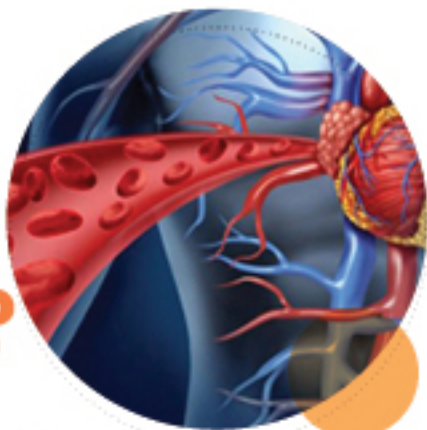


What is BEMER?

Take advantage of two BEMER sessions to enhance circulation and reduce discomfort.

Learn more at
life.bemergroup.com

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BEMER GROUP

