



We have two remarkable benefits for you as a client of FITNESS By Design! Join us in our small private studio for a complimentary group class listed below. Also, take advantage of two BEMER sessions to enhance circulation and reduce discomfort.

**One Complimentary
Class Pass**

**Two
Complimentary
BEMER
Sessions**

Yoga- Grand Ave.
STOTT Pilates Mat- Grand Ave.
Strength Training- Grand Ave.
Total Barre- Ep True Pkwy

Class schedule: www.FitnessByDesignDM.com

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