



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. [www.BMRuniversity.com](http://www.BMRuniversity.com)

**One Complimentary  
Class Pass**

**Two  
Complimentary  
BEMER  
Sessions**

Yoga- Grand Ave.  
STOTT Pilates Mat- Grand Ave/EP True  
Strength Training- Grand Ave.  
Total Barre- EP True Pkwy  
Class schedule: [www.FitnessByDesignDM.com](http://www.FitnessByDesignDM.com)

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