



# Give us a try.

Complimentary class pass

- Yoga
- Pilates Mat
- Strength Training
- Total Barre

Class schedule: [www.FitnessByDesignDM.com](http://www.FitnessByDesignDM.com)

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](http://life.bemergroup.com)

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