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At FITNESS By Design, we make fitness simple. It can be as easy as finding a reason to move and to get more out of life every day. We know it can be tough to get started, so this time, get some good advice so you will stick with the program.

We'd like to invite you to come meet us and experience a class at one of our locations in DM or WDM. Join us in our small group atmosphere-where you won't get lost in the crowd- and you'll get plenty of attention!

The area's only upscale fitness studios are right here in your neighborhood, so give us a chance to earn your business!

Yoga- Grand Ave.  
Total Barre- EP True Pkwy  
STOTT Pilates Mat- Grand Ave.  
Strength Training- Grand Ave.  
Class schedule is posted on our website or you may pick up a calendar at the studio.



Present this card for a free group exercise class.  
Valid for new class clients only.