

# FITNESS By Design

February 2012

*...your neighborhood fitness studio*

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**PLEASE let us know how we can help you reach your fitness goals! We work hard to give you a positive fitness experience and we appreciate your trust in us.**

## Contact Info

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**277-9721**

Dear Friends of FITNESS By Design,

Happy New Year! Here we are starting our second month of 2012! I hope your January was healthy and rewarding. This is my chance to thank you again for your fitness business in 2011 and always. I am continually expanding our programming and upgrading the studios. Many of you have also expanded your activities and started in our Pilates classes.

Whether you personal train or attend our yoga, strength, or Pilates classes, I always welcome your feedback. I am also grateful for the many referrals you continue to send our way. I am honored when you share your experience here with a friend or family member. Keep working hard and here's to a phenomenal year ahead!

Sincerely,

Barb Mendoza

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## AERIAL YOGA

FITNESS By Design is the only studio in Des Moines that offers this exciting form of yoga. Aerial Yoga is a combination of traditional yoga poses done on the floor and postures practiced using a soft fabric sling suspended at waist height allowing you to access traditional poses in new ways.



With the help of gravity and the support of the fabric, there is very little pressure or stress on the joints, especially the spine. Inversions are accessed easily with no strain on the neck, back, or shoulders helping to ease one of the biggest complaints today.... back pain.

It is so much fun you may not realize what a great workout you are getting! Also, it is a wonderful complement to your mat practice.

Private Aerial sessions are \$75 for single session or \$65 for weekly sessions. To book a session call Mary at 664-7387 or email her at [styogamama@gmail.com](mailto:styogamama@gmail.com).

## COMMENTS FROM CLIENTS

"FITNESS BY Design has been exactly what I needed. I am thrilled that I found you. Completely worth the commitment, time, and money!"

"Mary is an outstanding yoga instructor. I feel at peace the moment I walk into the studio and am very relaxed when I leave."

"I feel very comfortable and welcome at Fitness By Design, and I always feel empowered, happier, and full of energy at the end of each class"

"I love Pilates and think Julie is fantastic and patient with me. It is great to be back"

"Fitness By Design and Barb have truly helped me save my life. I have lost weight, reduced my blood pressure and become stronger both physically and mentally. Now I believe my body is not getting older just better!"

"With the smaller class size I get a lot of personal attention and the trainers are so positive every class is so much fun."

# It's COLD outside...

# but it's WARM in here!

## Join us for a Strength Training Class

TUES-7:30am, 8:30am & 6:00pm (every other)

THURS-7:30am, 8:30am & 5:30pm

SAT-9:00 am

## We LOVE Referrals!

Refer a new client and receive a complimentary Personal Training session or Class. Thank you for all the past referrals. We are grateful you enjoy your experience here and are willing to tell your friends!



## STOTT Mat Pilates

The aim of STOTT Pilates is optimal musculoskeletal performance – strength, flexibility and endurance – without risking injury or building bulk. With a focus on core stability, including pelvic and shoulder girdle stabilization, neutral alignment and breathing, STOTT Pilates helps restore the natural curves of the spine, relieves tension and enhances self-confidence.

**WHEN:** SUN 4pm

TUES 6pm (every other)

WED 10am and 5:45pm

SAT 10:15am

**FEE:** \$15/class with monthly pre-registration,  
\$18/class drop In



## \*\*\*Lost and Found\*\*\*

We have acquired quite a few water bottles, gloves, scarves, etc. so please check the bin in Studio West to claim your lost items. Thanks.