

## BARB MENDOZA - FITNESS BY DESIGN

January, 2023

### Services we offer:

**FITNESS** - Private training, Semi-private training, and Group Fitness classes including: Fitness 101, Strength, Core, Functional Flexibility, and Pietra.

**BEMER** - BEMER (Bio Electro Magnetic Energy Regulation) is a medical/wellness device that enhances circulation and reduces discomfort. Better blood flow = better health!



*"My passion is motivating my clients to make healthy lifestyle changes involving exercise, nutrition, and stress reduction."*

### FITNESS By Design wants to be the BEST part of your day!

FITNESS By Design strives every day to motivate, educate, and inspire our clients to go out of their comfort zone, be their best, and attain optimum health.

Our upscale fitness studios reflect positive energy, a welcoming environment, and a friendly spirit, which empowers you to reach your potential in all areas.

Our team is driven to transform lives by empowering clients to improve their health. Our legendary customer service includes ongoing support, motivation, and accountability.

Every day my team and I work diligently for YOU - the client - and strive to provide exemplary customer service that sets us apart from other studios. I believe in working hard not only to EARN your fitness business, but to KEEP it long term!

### Special Member Offers:

**1 Complimentary Group Fitness Class and consultation to learn about goals and discuss options**

**AND**

**2 Free BEMER sessions to enhance circulation and reduce discomfort**

**Exclusively for Seniors on the Move members.**

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## What **FITNESS** by Design Clients Have To Say:

"I really like the culture and atmosphere at FBD; it's welcoming, warm and naturally creates community and this is unique to FBD and it's very appealing,"

— *Class Client*

"It is refreshing for me to have found Fitness By Design. The team and clients are absolutely some of the most loving, caring, and kindest people I've come across. You are spot on when you refer to it as family because it truly shows!!! I feel right at home there.. Thank you! I appreciate you! It's obvious you have passion for what you do."

— *Private Client*

**FITNESS By Design** offers over 30 weekly classes: Pilates equipment, strength training, core, Fitness 101, functional flexibility, and Pietra Fitness.



**Limited class sizes of 2-8 clients means plenty of personal attention!**

### Company Mission:

At **FITNESS By Design**, we strive every day to motivate, educate, and inspire our clients to go out of their comfort zone, be their best, and attain optimum health.

### FBD Core Values:

Honesty and integrity always

Strong partnerships and teamwork

High standards and performance

Our training programs will inspire you to focus on results and challenge yourself in new ways. By providing you with a small, private studio, be assured you'll have a comfortable atmosphere conducive to optimal performance.

We reevaluate every 12-16 weeks to help you stay focused and on track.

### Get started in 3 easy steps!

- 1- Complimentary consultation
- 2- Fitness Assessment
- 3- Start Training!

**FITNESS**  
By Design  
*...your neighborhood fitness studio*

## Contact

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