



Need to get your workout on, while staying at The Butler House on Grand? If you want to work-up a sweat, try these nearby options:

- **Anytime Fitness** (4.5 miles)  
300 W. Martin Luther King Jr. Parkway  
Des Moines, Iowa 50309  
(515) 288-0151  
[www.AnytimeFitness.com](http://www.AnytimeFitness.com)
  
- **Bike Trails throughout Des Moines** (0.9 miles)  
Ingersoll Avenue - 35<sup>th</sup> to Polk Boulevard  
Des Moines, Iowa  
<https://dmampo.maps.arcgis.com/apps/webappviewer/index.html?id=c48776f60395490eb3029f5b29fc7b88>
  
- **Fitness by Design** (0.1 miles)  
4715 Grand Avenue  
Des Moines, Iowa 50312  
(515) 277-9721  
[www.FitnessByDesignDM.com](http://www.FitnessByDesignDM.com)
  
- **Power Life Yoga** (2.1 miles)  
1717 Ingersoll Avenue  
Des Moines, Iowa 50309  
(515) 564-7555  
[www.PowerLife.com](http://www.PowerLife.com)
  
- **WellMark YMCA** (4.1 miles)  
501 Grand Avenue  
Des Moines, Iowa 50309  
(515) 282-9622  
[www.DMYMCA.org](http://www.DMYMCA.org)

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Phone: 515.991.1780 Toll Free: 866.BUTLER.0