

# Ames Racquet & Fitness Center

## Specials, Events & Announcements

### Personal & Group Training

(Call 663-9921 for details!)

- **Extreme Intervals:** July 26-Sept. 2 (registration closed to new as of Aug 8). Mondays and Wednesdays, 5:30-6:30 pm, West.
- **Extreme Abs:** Aug. 24-Oct. 14, Tuesdays and Thursdays, 5:30-6:15 pm, West.
- **Bootcamp:** Aug. 23-Oct. 14, Mondays—Thursday, 6-7 am, South. (Early bird registration through Aug 6)
- **Women's-Only Fit Camp:** Aug. 16-Oct. 8 Monday—Friday, 5:30-6:30 am, West. (Early bird registration through Aug 6)
- **Recovery and Results: Foam Rolling Facilitated Stretch** Aug. 23-Sept. 16, Monday—Thursday, 7:30-8:15 pm, West.
- **Senior Strength and Balance:** Aug. 24—Sept. 30, Tuesdays and Thursdays, 8-9 am, West.
- **Super Student Assessment:** Get answers in 60 minutes that will get you results all year! \$25, regularly \$49 and a value of \$75. (Student ID required)
- **FIT-U:** Your notebook for results, study guide to fitness, and assignments that will get you the A+ fitness you want. Available for fall semester Aug 16th

*Find details on any of these offers on the website or the bulletin boards around the clubs.*



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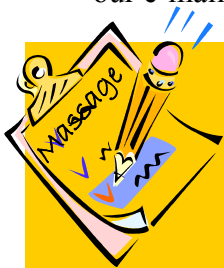


## Refer a friend

**If they join, you will get \$50 towards your membership and \$50 in club cash. See any membership office for details.**

### Group Fitness

- The North Group Fitness studio will be closed at the end of August/early September (exact date is pending.) Keep your eye out for details on the schedule during this time period. The good news? A bigger and better studio will be awaiting us!
- Group Fitness classes at West ARFC will be starting soon. Look for the fall schedule to be starting after Labor Day on Tuesday, September 7.
- Interested in receiving schedule updates and Group Fitness announcements? Get on our e-mail list. Find directions on our website under the Group Fitness link.



**Welcome Back Student Special**  
**20% off any regular-priced massages**

***Must show valid student id.***  
***Massages available at West and South ARFC.***



Check us out at [www.amesracfit.com](http://www.amesracfit.com)