

Ames Racquet & Fitness Center

Specials, Events & Announcements

Give your sweetheart the gift of health this Valentine's Day!

Add your spouse or children for as low as \$15 per month.

Please see membership for details.

Personal & Group Training

(Call 515-663-9921 for details!)

- **Mark your calendars! February Seminar Series:**
Free registration by calling North ARFC, 515-292-4741.
 - Your Daily Diet: Real Meal Makeovers: February 2, 7:00pm
 - Golf Better: Off-Season Conditioning: February 9, 7:00pm
 - Office Ergonomics- Desk Jockey Survival: February 16, 7:00pm
 - Back Care You Need for the Belly You Want: February 23, 7:00pm
- **Partner Training Month!** Take advantage of already discounted partner training when you and a friend with similar goals and fitness level train together! Additional 10% off any package of 10 or more sessions.
- **Share the Love!** New TEAM training concept. Minimum of 2, maximum of 4 per group. \$25 per person, 10 session minimum. Ask about available times whether you have a group or want to join. Available at each location at specific times, weekly. Send contact info, age, goals, and preferred time (11am, 1pm or 2pm) to PTdirector@amesracfit.com or 515-663-9921. New groups begin in February and March.
- **Gift Certificate Specials!** 15% off Gift Certificates. Offer ends Feb 14th. Excludes Strong Start and other coupon or discount.
- **BALLROOM Dance:** Swing in to Spring! March 23-April 27, Fridays, 7-8pm, North ARFC with Rod Bienson. Singles (encouraged!) \$39 and Couples \$69. EARLY BIRD registration 10% off through March 1! Great Valentine Gift! Certificates available!

Massage

ARFC is offering Couples Massages! Rejuvenate and connect with somebody special to you... Two people receive a massage in the same room, at the same time, from two different massage therapists. Offered at the South location. One hour, \$100. Stop by or call 232-1911 to set your appointment today!

Group Fitness

- Congratulations to Janet Herrick for winning the Group Fitness Holiday Marathon and is now the proud owner of a new iPad. As a group, we completed 388 marathons, equaling a total of 5,044 classes. Great job for keeping your health a priority over the holidays!
- Zumba "Mommy/Daddy and Me Class", Saturday, February 18, 3:30—4:00 pm. Recommended for kids 5+ with parent. Kid-friendly songs. Kids that are 12 years or older are invited to stay for the 4 pm class. Free with membership.

Connect with us!



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Check us out at www.amesracfit.com