

# Ames Racquet & Fitness Center

## Specials, Events & Announcements

### **Personal & Group Training**

(Call 663-5099 for details!)

- March Madness Senior and Student Special: 10 session package at our lowest rate (reserved for 35 session packages usually!) New clients only.
- 11 Session SLAM DUNK Package: An assessment bonus (valued at \$75) with a package of 10 sessions. Your first session is a thorough cardio, postural and body mechanics assessment for optimal design of your exercise prescription. New clients only.
- Group training sessions beginning this month: Spring Bootcamp - March 22, Ballroom Dance - March 26, and watch for the “CORE training every body needs” workshop TBA soon!
- Call for information regarding “the CORE you need for the score you want” golf conditioning program with Pilates reformer work 2x/week. 663-5099. 16 session in 8 weeks.

### **March Inside Fitness Forum**

Tuesday, March 9: **Osteoporosis**-prevention, best exercise practices, and what to avoid for optimal bone health

Tuesday, March 23: **Fall-Proof!** Strength and Balance recommendations for aging actively and minimizing risk of falls. Which comes first.. strength or balance? How can you enhance balance when you have a fear of falling?

*Open to ARFC members and community. South ARFC—Studio A.  
No registration required.*

### **Group Fitness**

- Thanks for the great participation in the Biggest Mover Contest! The good news? There is still one more month! Earn one point for every class attended through the month. (Have your instructor initial the card.) Turn your completed cards (5 points) in to enter a weekly raffle.
- Are you on our announcement list yet? Visit [amesracfit.com/](http://amesracfit.com/) Group Fitness for details.



### **Kids Gym/ Nursery**

The South child care will be open on Saturdays at 8 am on a trial basis for the month of March. See you there!



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



**M  
a  
r  
c  
h  
  
2  
0  
1  
0**

