

# Ames Racquet & Fitness Center *Specials, Events & Announcements*



## Refer a friend

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

### **Personal & Group Training**

(Call 663-9921 for details!)

- **Go Green and Save!** Register for private, partner and group training sessions (new and renewals) on our Mindbody online scheduler and get 10% off during the month of March. How? Create a username and password in Mindbody through the link on our ARFC website. Follow the directions for making your service purchase all the way through. Once you've completed it correctly, you'll receive a confirmation email.
- **Sneak Peek week!** Come check out the Group Training classes—no registration or fee required! Mon., March 7 and Wed. March 9: Basic Training, 5:15-6:15 am North, / Women's Only FitCamp, 5:30-6:30 am West, / Body Back Bootcamp 9:30-10:30 am North .
- **Two Week Spring Training:** March 7-17: Bootcamp, 6-7 am South, or Extreme Intervals, 5:30-6:30 pm West (8 sessions \$59). Call 663-9921 to register today!
- **New 8-week spring training sessions begin March 21!** Watch the website! Teens and tweens to seniors- there's something for you! Coming in late March: BackCare Bootcamp North.

### **Group Fitness**

- Thanks for the great participation in the Biggest Mover Contest so far! 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.
- Please note there will be no classes at the WEST location during ISU Spring Break, March 14—20.

### ***Soles4Souls Shoes Drive: March 7—March 26*** ***Your Extra Pair, Could Be Their First!***

ARFC will be accepting any new or used shoes for the Soles4Souls shoe drive. All shoes will be distributed to people in need in various countries around the world. Watch for the boxes at all three locations!

Learn more at [GiveShoes.org](http://GiveShoes.org)



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