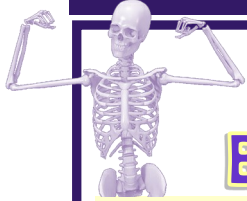


Ames Fitness Center



The Bench Press

April 2024



Group Personal Training

Bone Health 101

Take action to create stronger, healthier bones!

Wednesdays: 4/17, 4/24, 5/1, 5/8
5:30—6:30 pm, Classes via Zoom
\$100*

Learn how to improve your bone health through physical activity, nutrition, and supplements.

BONUS: includes a one-on-one follow up consultation.

Class led by Nathan Schwartz, CPT, RD

Pelvic Floor 101

Mondays, 4/15, 4/22, 4/29

5:30—7 pm, South AFC, \$75*

An educational series designed to optimize women's health and fitness.

Strongman Camp

Saturdays, 10:15—11:45 am

4/13—6/1, South AFC, \$275*

Train like a strongman! Use a variety of training methods to get strong - for life or for a strongman competition!

*Non members add \$20/class.

Purchase at www.amesfitness.com. Contact John at johnm@amesfitness.com for details.

Spa Services

Time to put some spring back into your skin!

3 Express Custom Facials

\$135 +tax

SAVE \$15

Each 30 minute facial is specific to your skin's needs and goals!

Book a session today at www.amesfitness.com. (Available at South AFC.)



Saturday, July 13
5K & 10K Road Race
AFC South

Post-run party with live band—Pizza and drinks—Inflatables—Kids fun run

amesmidnightmadness.org

Don't forget to place your vote in the Midnight Madness T-shirt challenge! Keep an eye out on social media starting April 8 for details!

Group Fitness

April Challenge: April Hustle Brings May Muscle!

Attend 8 strength classes and 8 cardio classes in the month of April to be entered into a raffle for a \$75 gift card to Café Milo or towards a massage! Game boards available from instructors. Time to hustle!

April Launch!

New material! New music! New results!

Week of 4/8:
Group Power, Ride and R30

Week of 4/15:
Group Active and Blast

New Class—Hot Pilates

Tuesdays, 11 am
South Yoga Studio
Instructor: Deb C.

High energy, low impact interval class using Pilates principles and yoga style postures to create a challenging workout. All levels are welcome from beginners to advanced!

www.amesfitness.com

