

Ames Fitness Center The Bench Press



August 2026

BEST OF STORY COUNTY 2026
VOTING 8/3 - 8/17
AMESTRIB.COM

- Fitness Center/Gym
- Fitness Class
- Yoga / Pilates /
Group Class Studio
- Personal Trainer
- Birthday Party Venue
- Massage Therapist



WE WOULD LOVE YOUR VOTE!

Personal Training Fitness Kickstart

New to fitness or getting back into a routine? Not sure where to start? For the month of August, we're offering a **FREE** Fitness Kickstart session with one of our certified personal trainers!

Each session will include:

- Goal-setting discussion
- Instruction on using the InBody 570 body composition analyzer
- A basic movement screen
- Weight room orientation and equipment guidance
- A few personalized exercises to take home and get you started

FREE
60 minute
session!

Schedule today! Email amyva@amesfitness.com with the request. Sessions offered at North and South AFC.

Group Fitness

GROUP FITNESS MEETUP

Join us for The Café social for good conversation, coffee and pastries. Open to all AFC class participants. August 11, 9 -10 am.



SCHEDULE UPDATE

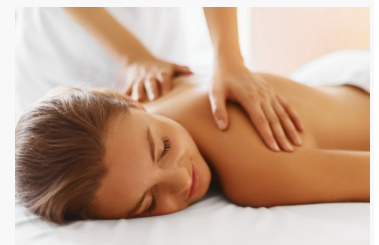
Effective in August, the Thursday, 5:30 pm Yoga class will be pulled from the schedule.

Massage Did You Know?

Your massage may cost less than you think! Many Flexible Spending Accounts (FSA) and Health Savings Accounts (HSA) plans can be used for massage therapy, and some insurance plans may even provide coverage with the appropriate documentation.

Contact your insurance provider or benefits administrator to see what your plan covers.

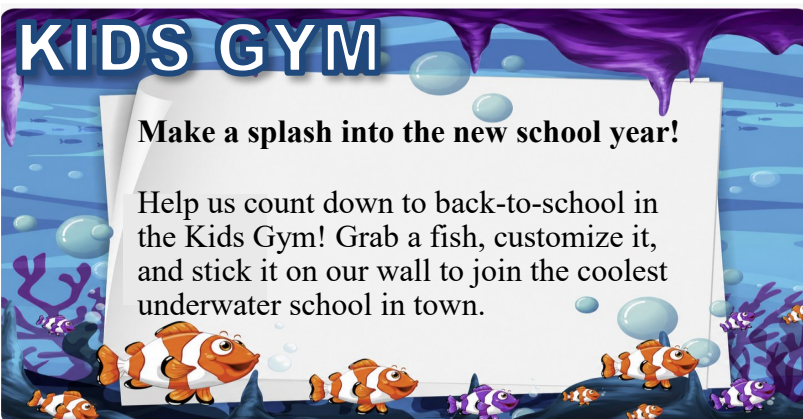
Schedule your massage today!



KIDS GYM

Make a splash into the new school year!

Help us count down to back-to-school in the Kids Gym! Grab a fish, customize it, and stick it on our wall to join the coolest underwater school in town.



www.amesfitness.com



@AmesFitness



@AmesFitnessCenter