

Ames Fitness Center

The Bench Press



July 2025

Personal Training

Strongman Camp

Join trainers Josh and Frank to prepare for a competition or prepare for life!

Saturdays, July 12 - Sept. 13, 9:15 - 10:30 am
\$279, South



Apex Strength Games

Test your strength in a Strongman Competition! All weight classes welcome. \$2,100 in cash prizes!
Saturday, Sept. 20 | AFC South

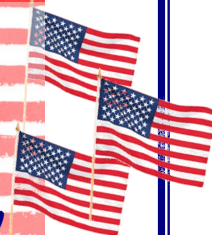


Don't want to participate in the competition?
Come on out for **ApexFest!** Food trucks, bounces houses, vendors, dunk tank and, of course, watching the Strongman Competition!
Sept. 20, 10:30 am - 2:30 pm
FREE for all spectators.

FRIDAY, JULY 4TH HOLIDAY HOURS

North & South: Closed

West: Open 24/7 with key



From solo fun to party-size play,
reserve the Kids Gym *your way!*



Looking for a flexible space to let the kids run wild? Midday Open Play offers private weekday rentals for open play, playdates, and everything in between.

- M-F, 1:30—3:30 pm
- Up to 20 kids
- \$250 for 2 hours (\$25 discount for members)
- AFC South

Email daniellep@amesfitness.com for details!

Massage

NEW! Massage Club 60: Intro

Relax, recharge, and experience all the benefits of Massage Club - without the full-year commitment.

Just \$83/month — no long-term contract required!

- 3-month minimum agreement
- One 60-minute massage each month
- Kids Gym (up to 2 hours)
- Rollover unused sessions
- Share your sessions with family or friends

Learn more about Massage Club! Scan here:



Group Fitness

Outdoor Yoga with Cat

Saturday, July 26, 9:30 am, AFC South lawn

Step outside and onto your mat for a refreshing yoga session under the open sky. Enjoy treats from Café Milo after class!

July '25 Launch

New moves! Big results!

Week of 7/7:

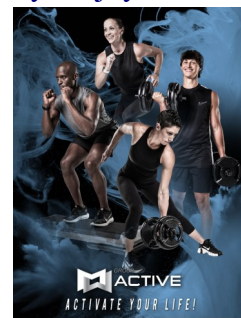
Group Power, Ride and R30

Week of 7/14:

Group Active and Blast

Fit & Fired Up Challenge

Make sure to turn in your completed challenge sheet by July 18. Email to maggiem@amesfitness.com.



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