

Ames Fitness Center

The Bench Press



July 2026

SATURDAY, JULY 4TH HOLIDAY HOURS

North & South: Closed

West: Open 24/7 with key fob

(Fobs are available for purchase at the North or South front desk.)



Group Training: Pelvic Floor 101

**NEW
SESSION!
NEW
TIME!**

A hands-on workshop
designed to optimize women's health and fitness.

July 16, 23, 30
Thursdays, 10:00—11:30 am
South Group Fitness Studio

\$75 members/\$99 non-members



Led by Amy Ralston
PTA, PCES



Group Fitness

**SCHEDULE
CHANGE!**

SCHEDULE CHANGES:

Time Change:

Starting week of July 13, the M/W Group Active class will move from 5:30 pm to 5:45 pm.

Class Cancellation:

Wednesday @9:30 am R30 has been cancelled for the remainder of the summer.

Class Duration Change:

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Tuesdays, 5:30 pm, South AFC

Class will move from 60 minutes to 30 minutes

COMING SOON!

Passport to Fitness challenge. Keep your eye out for details!

Massage

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!



Spa Services

Summer is fun, but unfortunately can wreak havoc on your skin. Kasee can help you with sun damage repair, acne control, facial exfoliation and hydration,



BOOK TODAY!

www.amesfitness.com



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