

Ames Fitness Center

The Bench Press



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Massage

Work Hard. Recover Smarter.

Massage: Not Just for Women

Guys need recovery, stress relief, and self-care too!

- **Ease muscle tension** from workouts, yard work, desk jobs, or everyday aches.
- **Reduce stress & improve sleep** - because relaxation benefits everyone.
- **Support recovery & mobility** to help you move and feel better.
- **Take care of your health** - massage is wellness, not a luxury.



Book your appointment online.

Personal Training

Transform your workout with **Pilates Reformer** training! Improve core strength, flexibility, posture, balance, and overall muscle tone with this full-body workout that is gentle on the joints.



PILATES REFORMER

Private and group classes available! Try a class for only \$35 (+\$16 new client demo). Full schedule online.



Group Fitness

The summer schedule is in full swing! Grab a copy at the front desk or check it out online.

Thank You to our Preferred Partners



Birthday Parties

Skip the heat, not the fun! The AFC Kids Gym offers the ultimate indoor playground for nonstop fun and high-energy celebrations.

Sign up online at:



Questions? Email Sydneyf@amesfitness.com

www.amesfitness.com



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