

Ames Fitness Center

The Bench Press



March 2024



AFC North and South will be closed on Sunday, March 31st in honor of Easter. 24/7 access is available at West AFC with a key fob. See front desk for details.

Group Personal Training

**RESULTS. VARIETY. COACHING. MOTIVATION.
GOALS. COMMITMENT. ACCOUNTABILITY.**

**STARTER PACKAGE:
3 classes/\$45**

Choose from any of the
45 minute training classes.

Various times, days and class objectives.
Total Body Balance-Midday Mania
Sweat Sesh-Real Age Reduction
Strength & Strike-Thrive 45



New clients only. Offer good through 3/31/24.
Purchase online or email johnm@amesfitness.com for details.



Submit names to membership or online.
If they join, receive up to \$50 toward
your membership dues and \$50 in club
cash! *Some exclusions apply.



Gr^oup Fitness

Get Lucky in February!

Attend class for a chance
to win a prize just for
walking through the door!
We will be rotating the
random raffle to various
locations and classes
throughout the month!



Parents & Kids Dance is back!
Mondays, North AFC
10:45—11:15 am
3/4—3/25
Ages 3—6 yrs old
Instructor: Kylee



New Sunday class at South!
Group Active
Sundays, 2:30 pm
Instructor: Jennifer T.



Spa Services

Lucky Y^ou!

In addition to Massage, we are now
booking....

- ♦ Facials
- ♦ Eyelash extensions
- ♦ Waxing services



Book online (under the Massage tab) or at
the front desk!

Midnight Madness T-shirt Design Contest

Submit a design for the 2024 Midnight Madness t-shirt!
Top submissions will be voted on by the public! Submit to
mandym@amesfitness.com between 3/1-3/31.



www.amesfitness.com

