

# Ames Fitness Center

## The Bench Press



March 2025

### Group Personal Training

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

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

Various times, days and class objectives.

Choose from any of the following  
45-minute classes:

Total Body Balance-Midday Mania  
-Real Age Reduction-Thrive 45

**New clients only.  
Offer good through 3/31/25.**



**NEW  
SESSION**

**BOOM! Trampoline Fitness** starting on March 28!  
8-week session. \$150 Fridays, 12 pm, North AFC.  
\*Not included with punch card.

### Kids Gym

Let your kids run, jump, and  
play while you do the same!

- ☑ Supervised play
- ☑ Creative activities & toys
- ☑ Convenient & stress-free

AFC offers child care for up to two  
hours/day! Packages available in daily,  
monthly and yearly rates. Stop by mem-  
bership at the North or South locations  
for details!

Book your next  
birthday party in the  
AFC Kids Gym!  
Members and non-  
members welcome.  
Details online.



### Gr<sup>o</sup>up Fitness

Join us for The Café meet-  
up for good conversation,  
coffee and pastries. Open to  
all AFC class participants.  
March 12, 9 - 10 am



**LUCKY YOU!**



Did you know... all group fitness classes are free  
with your membership? Registration is not required,  
but highly recommended for some classes. Find de-  
tails and a full schedule online.

### Stay connected!

Give us a follow on Facebook and Instagram!

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### Spa Services

**NEW**

**Face Fit: 10-Minute Facial  
Only \$20! (\$18.69 + tax)**

Wed., 3/5 & Wed., 3/12  
9 AM – 1 PM, South AFC  
Schedule online or drop in!

Refresh your skin in just  
10 minutes with a  
quick cleanse, exfolia-  
tion, and hydration. Per-  
fect for first-timers or a  
post-workout glow!



**Bonus:** Receive a coupon  
for 20% off a 60-minute  
facial after your  
Face Fit session!



[www.amesfitness.com](http://www.amesfitness.com)