

Ames Fitness Center

The Bench Press



May 2025

Memorial Day

Remember & Honor

Monday, May 26
Memorial Day Hours

NORTH: 5 am-12 pm
(No group fitness or child care)

SOUTH: Closed

WEST: Open 24/7 with
key fob

HAPPY MOTHER'S DAY!

Mother's Day Spa Gift Trio
The Perfect Pampering Package – Save \$26!

Treat Mom to:



60-minute Massage



30-minute Facial



Brow Wax



Only \$138⁺ tax (\$164 Value)

Give the gift of relaxation, glow, and
self-care — she deserves it all!

Purchase online



Personal Training MAYhem!!

Start up or stock up with this offer
that is too good to pass up!

Savings
of \$250
& \$80!

50 Sessions for \$2,750
10 Sessions for \$650

New and existing clients. Must be paid in full.
(Non members add \$20 per session.)
Sign up online or email johnm@amesfitness.com
for more info. Offer available 5/1/25—5/31/25.



GROUP FITNESS

FUN, EFFECTIVE, AND FOR EVERY BODY.



SCHEDULE UPDATE

Thursday, 9:30 am, North class change:
Group Active will take the place of Cardio Pilates
starting Thursday, May 22.

The modified summer schedule will start Tuesday,
May 27. Schedule will be posted closer to start date.

GROUP FITNESS MEETUP

Join us for The Café social for
good conversation, coffee and
pastries. Open to all AFC class
participants. May 21, 9 -10 am.

www.amesfitness.com



@AmesFitness



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