

Ames Fitness Center

The Bench Press



May 2022

Memorial Day
Remember & Honor

Monday, May 30
Memorial Day Hours

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

SOUTH: Closed

WEST: Open 24/7 with key fob

NEW CLIENT SPECIAL!

3 one-hour massages
\$165 with Jen or Audrey
(\$60 Savings!)



Purchase online. Massages must be redeemed with Jen or Audrey. No exceptions.

Available until 5/31

MIDNIGHT MADNESS

Ames' Annual Premier Road Race

Saturday, July 9
5K & 10K Road Race
3600 University Blvd

Registration is open!
amesmidnightmadness.org

Thank you to our sponsors!
Ames Eye Care—Grinnell Mutual
Sturm Cosmetic Surgery
1430 KASI / NOW 105.1 / iHeart Radio
VisionBank—Kingland
Dentistry At Somerset

Personal Training

MAYhem!!

50 sessions—\$2,475

10 sessions—\$549

10 partner / Pilates duet sessions—\$750

New and existing clients. Must be paid in full.
(Non members add \$10 per session.)
Sign up online or email johnm@amesfitness.com
for more info. Available 5/1/22—5/31/22.

SAVE BIG!
\$175
\$141
\$100

AFC Running Club

FREE

FREE for all!
All levels. 5k training
to marathon and beyond.

Starts Monday, May 2

Mondays at 5 am—Brookside Park

Thursdays at 5:30 pm—AFC South

Saturdays at 7 am—AFC North

Questions? Email johnm@amesfitness.com
Requires signed waiver prior to participation.



Summer Tennis

Youth clinics start the week of June 6th!
All levels, all ages!

First Strike Academy	M/W	9—11 am
Yellow Ball	T/TH	10—11 am
Green Ball	T/TH	9—10 am
Orange Ball	T/TH	9—10 am

Description of each level can be found online.
Questions? Email amestennis@amesfitness.com.

Group Fitness

FUN
EFFECTIVE
MOTIVATING
VARIETY



80 Group Fitness classes weekly!
Free with membership!

www.amesfitness.com



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