Ames Fitness Center
The Bench Press

November 2026

Holiday Hours



Wed. 11/25 5:00 am - 1:00 pm
Thurs. 11/26 Closed
Fri. 11/27 10:00 am - 5:00 pm*
*Kids Gym 10 am - 1 pm (North only)
Modified group fitness schedule.

West open 24/7 with key fob. See front desk for details.

YOUTH & SHELTER SERVICES HOLIDAY GIVING



AFC will be adopting local families in need of help this holiday season! Look for our giving trees at AFC North and South. Each tree will have tags with requested items that must be purchased and returned in early December. Specific dates coming soon.

Personal Training
End of the year sale!

10 sessions for $690! ($110 savings!)

50 sessions for $3,000! ($500 savings!)

Payment due in full at time of purchase. No purchase limit. Non refundable. Not valid with any other discounts. Nonmembers add $20/session. Purchase online or speak with any trainer. Questions? Email amya@amesfitness.com. Offer valid 11/1-11/30.

Best of Story County 2026
Thank you for your support!

Best Fitness Center
Best Yoga/Pilates/Group Fitness Studio

Finalists:
Best Fitness Class
Best Personal Trainer: Cristina & Nathan
Best Massage Therapist - Nic

19 years in a row!!



Massage: $69 New Therapist Special

Jonas is our newest massage therapist! Whether you're an athlete focused on recovery or looking to relieve everyday muscle tension, Jonas offers customized massage using Swedish Massage, Cupping, and Trigger Point Therapy.

Book your massage with Jonas for just $69 (regularly $89)!

Must be purchased by Nov. 30.



Group Fitness

ADDITIONAL SPIN CLASSES:
Don't let the cold slow you down! Check out our expanded spin schedule and keep your fitness momentum going this winter.

- Tuesdays at 9:30 AM: R30 with Cathy (Starts November 17)
- Saturdays at 9:00 AM: Spin 45 with Mya (Starts November 21)
- Sundays at 11:30 AM: Group Ride with Cathy (Starts November 15)

GROUP FITNESS MEETUP:
Join us for The Café social for good conversation, coffee and pastries. Open to all AFC class participants. November 17, 9 -10 AM.

www.amesfitness.com