

Ames Fitness Center The Bench Press



October 2026

Group Training

TRX Cardio Spark with Cristina, CPT

Get ready to strengthen, sweat, and spark your energy! TRX Cardio Spark combines suspension training, full-body strength exercises, and heart-pumping cardio intervals for a fun and effective total-body workout.



- Starts Oct. 16, Fridays at 4 pm, North
- Purchase in 5 or 20 session packages.



For the Kids!

Somerset Trick-or-Treat

Sponsored by Dentistry At Somerset

Wed., Oct. 28
4-5:30 pm



Trick-or-treat at all your favorite Somerset locations! Over 30 businesses participating!

Spa Services

October Glow Special

**BUY 2 EXPRESS PEELS + GET A
FREE EXPRESS FACIAL !
\$190 (SAVE \$55!)**

Brighten, smooth, hydrate, and refresh your skin with two targeted Express Peels, plus a complimentary facial that deeply cleanses, exfoliates, and hydrates.



BUY NOW, USE ANYTIME!

Purchase the special during October and use your services whenever you're ready.

Offer available until
10/31/26



Kids Gym Boo Bash

Have fun the whole month with Halloween activities and crafts!

DRESS-UP DAYS:

**Wed. Oct 21:
Spooky Pajama Day**

**Fri. Oct 30 & Sat. Oct 31:
Halloween Costume Day**

Must be Kids Gym member or pay daily guest fee.



Group Fitness

LAUNCH

It's launch month!

New material, new music and new results

Oct. 5 - Group Power, Ride and R30

Oct. 12 - Group Blast and Active

NEW CLASSES

Make sure to check out some of the new classes on the fall schedule!

Mondays, 5:30 am - Hot Yoga Sculpt with Addy

Thursdays, 6 00 pm - Spin 45 with Mya

www.amesfitness.com



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