

Ames Fitness Center

The Bench Press



September 2023



Monday, Sept. 4 Holiday Hours

North: 5 am—12 pm
(No Group Fitness or Child Care)

South: Closed

West: Open 24/7 with key fob

SAVE THE DATE!

Preferred Partner Expo
Monday, Oct. 16
5 pm—7 pm / South AFC

Join us for a fun evening with some of the best local businesses!
Free for members and non-members.



BIG PRIZES!
CASH MACHINE!

SPECIAL GUEST:
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Partner Training Special



Motivate each other! Save together!
Hit results together!

10 Partner Training Sessions
\$800
(\$400 per person)

Non-members add \$10/session



\$100 Savings!

Purchase at amesfitness.com.
Expires 9/30/23.
Questions? Email johnm@amesfitness.com.

Massage therapy is more than just a relaxing treat...

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Reduced Cortisol Levels: Massage therapy has been shown to reduce levels of cortisol, the stress hormone, so reducing its levels can improve overall well-being.

Increased Relaxation: Massage therapy can help promote relaxation and reduce muscle tension.

Mood Boost: Massage therapy can increase the levels of serotonin and dopamine, the neurotransmitters that regulate your mood, emotions, and motivation.

Don't let stress overwhelm you with your everyday routine! Massage therapy is an effective tool that can help. Get started today by visiting our website and clicking on the massage tab!

Group Fitness

REGISTRATION

Registration is available for the Friday 4:30 pm and Saturday 9:45 am Barre classes. Details found online under the Group Fitness tab.

SCHEDULE

Keep an eye out for schedule changes starting Tuesday, Sept. 5th. Available online or at the front desk. Classes included with membership!

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STAY CONNECTED!



www.amesfitness.com