

Ames Fitness Center The Bench Press



January 2019

Have a happy & healthy 2019!

InBody 8 Week Health Challenge

January 13 - March 12

Join us for a challenge that will start you in the right direction for 2019 and beyond!

- Pre and post InBody 570 assessment
- Fitness consultation
- Weekly fitness and nutrition tips
- 4 passes to group personal training classes

\$500 cash prizes for top male and female!

Register online at www.amesfitness.com before 1/5/19: \$20
Register at front desk or online after 1/5/19: \$25
Members only. Must be 18+. Email inbody@amesfitness.com with questions.



*De-stress from the holidays!
Massage therapy services available at all three AFC locations.
Schedule your appointment today at any front desk.*

Kick Off the New Year with AFC Group Fitness!



- The winter **GROUP FITNESS SCHEDULE** starts Wed., January 2nd. All classes free with membership!
- It's **LAUNCH MONTH!** Experience new music and material for Group Power, Ride and R30 starting the week of **Jan 7th**. Group Active and Blast will start the following week on **Jan 14th**.
- **GROUP FITNESS 101 CLASSES:** Get a program overview, learn how to set up your equipment, basic technique and more! No registration required.
 - Spinning 101: Jan. 13 10 am, SOUTH
 - Group Blast 101: Jan. 19, 10:30 am, SOUTH
 - Group Power 101: Jan. 20, 2:30 pm, NORTH
- **BIGGEST MOVER CAMPAIGN** Earn a point for every class attended. When 10 points are completed, earn a chance into a raffle drawing for CASH! Campaign will run Jan 21–March 3. Watch for details!

Grand Opening Party! AFC Tennis Bubble

Thurs, Jan. 31st, 4:30—7:00 pm
Join us for food, drinks and giveaways!
Everybody welcome!

For questions on the upcoming tennis programs and classes, please visit the website or e-mail Jim at jimh@amesfitness.com.

Friendly tip from AFC Staff!

Please do not leave purses and other items of value in your car when at the club. Lockers are available (bring your own padlock!) to keep your belongings safe.

www.amesfitness.com

