

Ames Fitness Center The Bench Press



October 2023

Monday, Oct. 16 / 5:00—7:00 pm / South AFC

Personal Training & Preferred Partner Expo Open House

Meet the trainers!
See the studio!
Learn about training programs!
Optional activities!
One-night specials!

Personal Training Studio South

Join us for a fun evening with some of the best local businesses! Samples, Q&A with the businesses, giveaways and more! South AFC Lobby.

**Prizes!
Prizes!
Prizes!**

**Free for
members &
non-members**

**\$\$\$\$\$
Cash
Machine
\$\$\$\$\$**

Group Personal Training

Pelvic Floor 101 with Amy R.

Mondays, 5:30 pm, 10/23, 10/30, 11/6

\$75 members

AFC South

Total Body Balance with Chris M.

Wednesdays, 12:15—1 pm

Starts Oct. 18

Must purchase Group Training package



Referral Program

Thanks to the following members for the referrals! We appreciate the support!

**SCAN &
REFER!**



Aurora A.

Caity M.

Joseph B.

Riley A.

Val L.

Larry B.

Misty N.

Sam C.

Nicole F.

Tori W.

Christopher J.

Joseph B.

Alex M.

Mallory B.

Aiden S.

Michael J.

Do you have a referral? Submit their names online or to our membership staff. If they join, receive up to \$50 toward your membership dues and up to \$50 in club cash!

Group Fitness

LAUNCH

New material and music launches for Group Power, Ride and R30 starting Oct. 9th and Group Blast and Active starting Oct. 16th! This is a great time for new participants to start up with class!

GROUP FITNESS CHALLENGE

Biggest Mover 2.0 Oct. 9—Nov. 19

Track your classes for a chance to win weekly and grand prizes! Attend 3+ classes weekly to be entered into drawing. Top 10 participants with the most classes will be entered into the final raffle. Six weeks of fun! Classes can be tracked with cards (receive from instructors) or submitted online.



PRIZES!

Weekly Raffle:
Café Milo
\$20 gift cards

Grand Prizes:
Fitness Sports
\$100, \$75, \$50
gift cards

www.amesfitness.com



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