

Ames Fitness Center

The Bench Press



September 2026



Monday, Sept. 7 Holiday Hours

North & South: Closed

West: Open 24/7 with key fob

*Ask the front desk for details.

MASSAGE: Back-to-School Reset



School is back in session, schedules are filling up, and stress levels are rising. Take an hour to reset, release tension, and recharge.

**\$10
SAVINGS!**

60-minute massage

\$79 *New clients only.



Scan me!

ApexFest

Saturday, Sept. 19, 9 AM - 1 PM
Ames Fitness Center South - Outdoors



Come watch some of the area's strongest athletes compete in the Apex Strength Games for more than \$1,000 in grand prizes. While you're here, enjoy everything else ApexFest has to offer:

- Local Food & Dessert Trucks
- Bounce Houses & Kids' Activities
- Local Business Vendors
- High Energy Music &
- Charity "Bench Press" Event
- Main Event: Strongman Competition

Details here!



Group Fitness

SCHEDULE

The fall schedule is effective starting Tuesday, September 8. All of our Group Fitness classes are included with an AFC membership. Check out some of the changes:

Cardio Core (It's back!)

Mondays, 4:30 pm, North

Instructor: Hiro

Expect a mix of dynamic movements, functional training, and ab-focused work that will build strength, improve endurance, and leave you feeling powerful from the inside out.

Warm Yin

Thursdays, 5:45 pm, South

Instructor: Nima

A slow, calming practice in a comfortably heated studio. Poses are held for several minutes to gently release tension, improve flexibility, and promote relaxation. Perfect for slowing down, stretching deeply, and resetting both body and mind.

Warm Pilates (New Time!)

Tuesdays, 7:15 pm, South

Instructor: Hallee

Turn up the heat and strengthen from the inside out! Expect a challenging yet low-impact workout that will leave you feeling stronger, longer, and energized.

Full schedule with class descriptions can be found online.

www.amesfitness.com



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