

Ames Fitness Center

The Bench Press



September 2022



Monday, Sept. 5 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. 24
5 pm—7 pm / South AFC

Join us for a fun evening with some of the best local businesses! Samples, Q&A with the businesses, giveaways and more! Enjoy some tailgate games and snacks!

Free for members and non-members.

Personal Training Open House

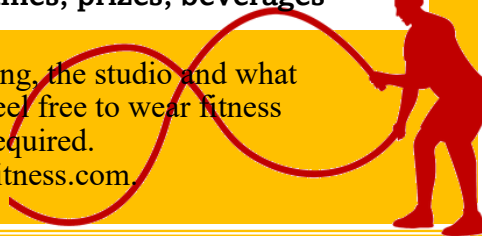


Wednesday, Sept. 28 5:30—7:30 pm
South Personal Training Studio



- Meet the trainers
- Q & A
- Exclusive offers
- Movement assessments
- Demo Group Training classes
- Games, prizes, beverages

Get a glimpse into personal training, the studio and what the program could do for you! Feel free to wear fitness clothes to demo a class, but not required. Questions? Email johnm@amesfitness.com.



Group Fitness

MARATHON MADNESS G.F. CHALLENGE

Sept. 19—Oct 28

Attend classes to earn miles for entries into a raffle and a prize!

Pick up your challenge card from an instructor any time starting 9/19.

POWER 101

Join Emily to learn how to properly set up for Group Power, understand the class format and basic moves. No registration required.

Sunday, Sept. 11, 2:30 pm
North AFC

SCHEDULE

Keep an eye out for schedule changes starting Tuesday, Sept. 6th. Available online or at the front desk. Classes free for members!

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TEACHER SPECIAL

\$10 off all 60 and 90 minute massages for teachers, professors and school administrators.

Make your appointment with your therapist or online.

Expires 9/30/22



Tennis

Doubles coed fall league starting soon!

Sundays 6:00 pm / Tuesdays 9:00 am / Wednesdays 6:00 pm

Limited space left, so sign up today!
Contact armandoe@amesfitness.com for pricing and details.



www.amesfitness.com

STAY
CONNECTED!



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