

# Ames Fitness Center

## The Bench Press



May 2024

**Monday, May 27 Memorial Day Hours** | **NORTH: 5 am-12 pm** (No group fitness or child care) | **SOUTH: Closed** | **WEST: Open 24/7 with key**

### PREFERRED PARTNER EXPO

**Tuesday, May 21**  
8:45—10:45 am, North AFC lobby

Join us for a fun morning with some of the best local businesses! Samples, Q&A with the businesses, giveaways and more!

**PRIZES!  
FOOD!  
FUN!**

**Calling all moms! This Mother's Day, it's time to celebrate you! Whether you're a new mom, a seasoned pro, or somewhere in between, your love, dedication, and hard work deserve to be honored and appreciated.**

### MOTHER'S DAY SPA SPECIAL!



**1 hr massage  
1/2 hr facial  
1 brow wax**

**\$159  
VALUE!**

**\$133<sup>+</sup> tax**

Offer available until 5/31/24



[amesracfit.com/massagespecials.aspx](http://amesracfit.com/massagespecials.aspx)

## Personal Training **MAYhem!!**

**Start up or stock up with this offer that is too good to pass up!**

**Savings  
of \$250  
& \$80**

**50 Sessions for \$2,750  
10 Sessions for \$650**

*New and existing clients. Must be paid in full.  
(Non members add \$20 per session.)  
Sign up online or email [johnm@amesfitness.com](mailto:johnm@amesfitness.com)  
for more info. Offer available 5/1/24—5/31/24.*



## GROUP FITNESS

### SUMMER SCHEDULE:

A modified summer schedule will start Monday, May 20. Look for the new schedule on our social media, website or through emails closer to the start date.

### NEW CLASS:

*Flow & Glow Vinyasa Yoga, South Yoga Studio  
Starts May 14, Tuesdays, 6:45 pm, Led by Kristen M.*  
Work through breath to movement postures, while also learning proper alignment. Expect great music, good postures, and lots of fun and chaturanga!



**Saturday, July 13**  
**5k / 10k / Kids Run ...**  
**AFC South**

[amesmidnightmadness.org](http://amesmidnightmadness.org)

Thank you to our sponsors!

Ames Eye Care • Grinnell Mutual •  
Dentistry At Somerset • VisionBank •  
Story Construction • iHeart Radio

[www.amesfitness.com](http://www.amesfitness.com)



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