

# Ames Fitness Center The Bench Press



November 2024

## Holiday Hours HAPPY *Thanksgiving*

- Wed. 11/27 5:00 am - 5:00 pm  
\*No group fitness or child care after 1 pm
- Thurs. 11/28 Closed
- Fri. 11/29 North: 7:00 am - 5:00 pm  
\*Modified group fitness. No child care.  
South: Closed

## Preferred Partner Expo

Tuesday, November 12  
8:45 -10:45 am, North AFC lob-

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!**

## Personal Training Lowest prices of the year!

**10 sessions for \$650!  
(\$80 savings!)**

**50 sessions for \$2,750!  
(\$250 savings!)**

Payment due in full at time of purchase. No purchase limit. Nonrefundable. Not valid with any other discounts. Nonmembers add \$20/session. Purchase online or speak with any trainer. Questions? Email [johnm@amesfitness.com](mailto:johnm@amesfitness.com). Offer valid 11/1-11/30.



## Youth and Shelter Service Adopt-A-Family

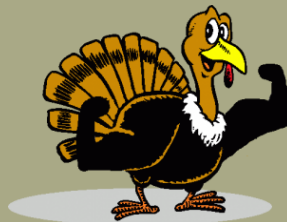
Nov. 4 - Dec. 4



AFC has adopted local families in need of help this holiday season! Look for our giving trees at AFC North and South. Each tree will have tags with requested items that must be purchased and returned by December 4.

## Group Fitness

- Stay motivated through the month with the Turkey Trot Challenge! The more classes you attend, the more prizes you receive! Game boards available from instructors. Nov. 3 - 30
- Pop-up class: Group Active, Sunday, Nov. 10, 2 pm with Jen T., South AFC.



## Spa Special!

Indulge in the Caramel Apple Facial!

Treat your skin to the sweet and refreshing essence of fall with our limited-edition facial! This seasonal favorite combines the natural brightening and exfoliating powers of apple enzymes with the deep hydration and warmth of caramel-infused ingredients. Perfect for renewing dull skin, enhancing radiance, and embracing the cozy spirit of autumn.

Book now!



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

