

# Ames Fitness Center The Bench Press



October 2024

## Personal Training



Are you being **HAUNTED** by not knowing the right exercises to perform or what foods to enjoy? Join us for a...

## **FREE** exercise demo and nutrition Q&A

60 minutes to turn your plan from **SPOOKY** to effective!

Led by trainer  
and dietitian  
Nathan

Monday 10/21 at 6:15 pm or Tuesday 10/22 at 11 am  
South AFC Personal Training Studio

Free of charge, but please RSVP at [info@amesfitness.com](mailto:info@amesfitness.com)  
to reserve your spot!



## Massage Therapy

**Save 10% on any  
massage with Steven!\***

\*First-time clients only. Not applicable to other therapists. Available through 10/31/24.

**BONUS:** FREE chair massages every Tuesday in October from 4—7 pm! Meet Steven, ask questions and check out the massage room!



Buy here



## Somerset Trick-or-Treat

Wednesday, Oct. 30, 4:00—5:30 pm

Time to show off those fun costumes and get some treats!

Over 30 businesses participating!



## Group Fitness

### LAUNCH

New material and music launches for Group Power, Ride and R30 starting Oct. 7<sup>th</sup> and Group Blast and Active starting Oct. 13<sup>th</sup>! This is a great time for new participants to start up with a class!

### SCHEDULE CHANGES

Changes to the Group Fitness schedule will start on Monday, Oct. 14. Look for spin classes to be added, a new 2 pm Sunday Hot Fit Sculpt and a brand new class... High Fitness (Mondays, 4:30 pm, North).

### POP-UP CLASSES

**Group Active**  
Sunday, Oct. 6, 2 pm, South Instructor Jen T.

**Spin 101**—Learn bike basics!  
Saturday, Oct. 26, 10:30 am  
Instructor Kristine S.

\*No registration required

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



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