

Ames Fitness Center The Bench Press



January 2025

Have a happy & healthy 2025!

**MAKE THE CHANGE IN
2025!**

**5 Personal Training sessions for \$349!
Save \$51!**

New clients only. Non-members
add \$20/session. Questions?
Email johnm@amesfitness.com.

Purchase here →



Refer A Friend and earn \$\$\$\$\$!

Spread the word, and we'll reward you for it!
Family-Friends-Coworkers-Neighbors



Submit names to
membership or
online. If they join,
receive up to \$50
toward your
membership dues
and \$50 in club cash!



*Some exclusions apply.

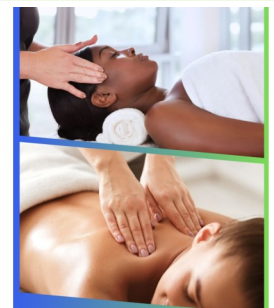
Spa Services **New offerings in 2025!**

The Four Season Facial Series

Spring Renewal-Summer Glow-Fall Recovery-Winter Hydration
Keep your skin radiant and healthy all year long!
4-60 minute facials \$299 (\$20 savings!)

30 minute Massage Club

Short on time, but still want to relax?! Book a 30 minute massage
each month for only \$49/month! (Requires a year commitment.)



Group Fitness

Schedule Changes

Changes to the Group Fitness schedule
start January 5th.

New: TH 6:20 am spin class paired
with warm Pilates, South.
M/TH 4:30 pm Cardio Core, North.

Bonus pop-up class: Hot Yoga
Jan. 11, 10:30 am with Ashley, South



Commit to be Fit Challenge

Jan. 5—Feb. 15

Attend 30 classes and receive a \$20
Café Milo gift card AND an entry
into a \$150 cash prize raffle!

Ask your instructor for details.

www.amesfitness.com

