

Ames Fitness Center

State of Iowa Employees:

Receive first 2 months free
with purchase of new membership

North

2622 Stange Rd
515-292-4741
bethh@amesfitness.com

Purchase your
membership today!
Set up an
appointment at the
location convenient
to you!

South

3600 University Blvd
515-232-1911
bretth@amesfitness.com

- ◆ 80+ weekly Group Fitness classes (spin and yoga included!)
- ◆ Indoor pool
- ◆ Indoor track
- ◆ Free weights
- ◆ Cardiovascular and weight equipment
- ◆ Locker rooms with saunas and steam rooms

Services with additional fee:

- ◆ Personal training
- ◆ Massage
- ◆ Tennis
- ◆ Child care
- ◆ Nutrition services
- ◆ 24/7 key fob



VOTED BEST FITNESS CENTER
VOTED BEST FITNESS CLASSES
VOTED BEST PERSONAL TRAINER
VOTED BEST YOGA STUDIO

2008-2025
2017-2025
2022-2025
2025



www.amesfitness.com