



80 Free Group Fitness Classes Weekly—Televisions on all Cardio Equipment—Child Care—24/7 Access—Personal Training

Limited Time Offer!

Receive 10% off monthly dues and 3 months free with purchase of new membership!

Offer available 2/1/16-2/29/16. Contact Beth at bethh@amesracfit.com or 515-292-4741 for details!

3 Locations—1 Membership—0 Excuses

North ARFC
2622 Stange Rd
Ames, IA
(515) 292-4741

South ARFC
320 S. 17th St
Ames, IA
(515) 232-1911

West ARFC
4700 Mortensen
Ames, IA
(515) 268-8077

