

Special Discount for State of Iowa Employees

1st 3 months
FREE
with purchase of
membership!



www.amesfitness.com



3 Locations. 1 Membership. 0 Excuses.

North AFC
2622 Stange Rd
(515) 292-4741

South AFC
3600 University Blvd
(515) 232-1911

West AFC
4700 Mortensen Ave.
24/7 Access!



2008-2022

80 FREE GROUP FITNESS CLASSES WEEKLY!



Step Strong

Dance Fit

Cardio Drill



Hot Yoga



Total Body Conditioning

