



Ames Parks and Recreation Department

# WEIGHT TRAINING

Strengthen muscles, improve flexibility, and enhance cardiovascular fitness in the cardio/weight room! The weight room features new Cybex strength training equipment and free weights. The cardio room features Life Fitness and Precor treadmills and elliptical trainers, a Stairmaster stepper, upright & recumbent bikes, a NuStep recumbent stepper and a rowing machine. Music and televisions are available to enhance your workout enjoyment. The cardio/weight room is open seven days a week from early morning to evening and is staffed with knowledgeable, nationally certified professionals.

Begin your weight training program today. Stop by or phone the Community Center at 239-5350 to schedule your cardio/weight room orientation.

Orientation Fee = \$15

(Fee includes a complete orientation to our weight room and cardio room equipment.)

Following orientation, a cardio/weight room visit card can be purchased.

<u>Number of Visits</u>	<u>Fee</u>
10 Visits	\$32
30 Visits	\$70
100 Visits	\$135

