

Community Center

Cardio & Weight Room Calendar

Located at Ames City Hall, 515 Clark Ave - SW Corner, Enter doors on 5th St - 515-239-5350

www.cityofames.org/ccenter
www.cityofames.org/prcalendars

January

Monday-Friday
Monday-Friday
Saturday
Sunday

6:00 AM - 8:00 PM (until Jan. 16)
6:00 AM-10:00 PM (beginning Jan. 20)
8:00 AM - 4:00 PM
12:00 PM - 8:00 PM

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 CLOSED HAPPY NEW YEAR!	2 Cardio & Weight Room 6 AM –8 PM	3 Cardio & Weight Room 8 AM - 4 PM
4 Cardio & Weight Room 12 – 8 PM	5 Cardio Room 6 AM –10 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	6 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 1:45 PM 2:30 PM–8 PM	7 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	8 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 8 PM	9 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	10 Cardio & Weight Room 8 AM - 4 PM
11 Cardio & Weight Room 12 – 8 PM	12 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	13 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 8 PM	14 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	15 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 8 PM	16 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	17 Cardio & Weight Room 8 AM - 4 PM
18 Cardio & Weight Room 12 – 8 PM	19 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	20 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	21 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	20 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	23 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	24 Cardio & Weight Room 8 AM - 4 PM
25 Cardio & Weight Room 12 - 8 PM	26 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	27 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	28 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	29 Cardio Room 6 AM –10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	30 Cardio Room 6 AM –10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	31 Cardio & Weight Room 8 AM - 4 PM

[For more information and pricing](#)