



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

May

Monday-Friday 6:00 AM - 9:00 PM
Saturday 8:00 AM - 4:00 PM
(Starting May 23rd, will close at 2pm)
Sunday 12:00 PM - 8:00 PM
(Starting May 24th, will open at 2pm)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9PM	2 Cardio & Weight Room 8 AM - 4 PM
3 Cardio & Weight Room 12 - 8 PM	4 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	5 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	6 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	7 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	8 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	9 Cardio & Weight Room 8 AM - 4 PM
10 Cardio & Weight Room 12 - 8 PM	11 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	12 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	13 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	14 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	15 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	16 Cardio & Weight Room 8 AM - 4 PM
17 Cardio & Weight Room 12 - 8 PM	18 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	19 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	20 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	21 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	22 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	23 Cardio & Weight Room 8 AM - 2 PM
24 Cardio & Weight Room 2 - 8 PM	25 CLOSED Happy Memorial Day!	26 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	27 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	28 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 9 PM	29 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	30 Cardio & Weight Room 8 AM - 2 PM
31 Cardio & Weight Room 2-8pm						

[For more information and pricing](#)