



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

September 2026

Monday-Friday 6:00 AM—9:00 PM
Saturday 8:00 AM—2:00 PM
Sunday 2:00—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 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	2 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	3 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	4 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	5 Cardio & Weight Room 8 AM - 2 PM
6 Cardio & Weight Room 2 - 8 PM	7 CLOSED FOR LABOR DAY	8 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	9 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	10 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	11 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	12 Cardio & Weight Room 8 AM - 2 PM
13 Cardio & Weight Room 2 - 8 PM	14 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	15 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	16 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	17 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 1:45 PM 2:30 - 9 PM	18 Cardio Room 6 AM - 9 PM Weight Room 6 AM - 9 AM 9:50 AM - 9 PM	19 Cardio & Weight Room 8 AM - 2 PM
20 Cardio & Weight Room 2 - 8 PM	21 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	22 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 - 10 PM	23 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	24 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 - 10 PM	25 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	26 Cardio & Weight Room 8 AM - 4 PM
27 Cardio & Weight Room 12 - 8 PM	28 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10PM	29 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 - 10PM	30 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM			

10 (\$46), 30 (\$105), 50 (\$146), or 100 (\$224) visit packages are available. \$5 drop-in fee.
All participants must complete a weight room orientation prior to using the facility