CITY OF ames PARKS & RECREATION

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

November

Monday—Friday	**6:00 AM - 10:00 PM**
Saturday	**8:00 AM - 4:00 PM**
Sunday	**12:00 PM - 9:00 PM**

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

[For more information and pricing]