



**As a Crystal Cove resident, you qualify for a discounted membership to Ames Racquet and Fitness Center!**

Your membership gives you access to:

Indoor swimming pool

Locker rooms with saunas and steam rooms

Cardio and weight machines

More than 90 FREE group fitness classes per week

Free weights

3 convenient Ames locations:

North 2622 Stange Rd.

West 4700 Mortensen Rd.

South 320 S. 17<sup>th</sup> St.

Also available (extra fee applies):

Tanning      Childcare

Tennis and racquetball

Dry cleaning    Personal training    Massage therapy

**If you have any questions, please feel free to contact Beth Henningsen at ARFC North (2622 Stange Road in Somerset) at 292-4741 or [bethh@amesracfit.com](mailto:bethh@amesracfit.com).**

*We look forward to seeing you soon!*