



# 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
<div style="border: 1px solid black; padding: 5px; color: red; text-align: center;"> <b>Updated hours in red due to Thanksgiving holiday.</b> </div>					1 Cardio Room 6 AM - 10 PM  Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	2 Cardio & Weight Room  8 AM - 4 PM
					3 Cardio & Weight Room  12 PM - 9 PM	4 Cardio Room 6 AM - 10 PM  Weight Room 6 AM - 9 AM 9:50 AM - 10 PM
10 Cardio & Weight Room  12 PM - 9 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 Room 6 AM - 10 PM  Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	15 Cardio Room 6 AM - 10 PM  Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	16 Cardio & Weight Room  8 AM - 4 PM
17 Cardio & Weight Room  12 PM - 9 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 Room 6 AM - 10 PM  Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	22 Cardio Room 6 AM - 8 PM  Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	23 Cardio & Weight Room  8 AM - 4 PM
24 Cardio & Weight Room  12 PM - 5 PM	25 Cardio Room 6 AM - 8 PM  Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	26 Cardio Room 6 AM - 8 PM  Weight Room 6 AM - 1:45 PM 2:30 PM - 8 PM	27 Cardio Room 6 AM - 8 PM  Weight Room 6 AM - 9 AM 9:50 AM - 8 PM	28 CLOSED  HAPPY THANKSGIVING!	29 Cardio & Weight Room  6 AM - 5 PM	30 Cardio & Weight Room  8 AM - 4 PM

For more information and pricing  
<https://www.cityofames.org/government/departments-divisions-i-z/parks-recreation/fitness-classes-wellness-programs/weight-cardio-room-and-personal-training>