

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

March

Monday—Friday **6:00 AM - 10:00 PM**
Saturday **8:00 AM - 4:00 PM**
Sunday **12:00 PM - 9:00 PM**
(Weight Room will close at 8 PM March 14-23)

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

[For more information and pricing](#)