



📍 103 North Jersey  
Gillespie, IL 62033

☎ 217-839-2484

📘 facebook.com/agelessfitness

📍 1505 Illinois Route 4  
Staunton, IL 62088

☎ 618-635-2243

📘 facebook.com/ageless2

## 2 GYMS, 1 FAMILY

*"We were all beginners once. Welcome to the family."*

Register for select classes through the Mindbody app!

### MAY CLASS SCHEDULE - Gillespie

	MON.	TUE.	WED.	THUR.	FRI.	SAT.
A M		5a: Morning Madness		5a: Morning Madness		
	8a: Yoga 9a: Bootcamp	9a: Spinning	8a: Yoga 9a: Bootcamp	9a: Spinning		
P M						
	6p: Spin & Abs	6p: Flow 385	6p: Spin & Abs	6p: Bootcamp		

### MAY CLASS SCHEDULE - Staunton

	MON.	TUE.	WED.	THUR.	FRI.	SAT.
A M			5:30a: Sunrise Bootcamp		5:30a: Sunrise Bootcamp	9a: Flow 385 10a: Yoga
	4:15p: Bootcamp		4:15p: Bootcamp			
P M	5:30p: Spinning 6:15p: PowerBoxing	5:30p: Spinning	5:30p: Step	5p: Spinning 5:45p: Women's Strength		
		6:30p: Dance Aerobic	6:30p: Flow 385	6:30p: Zumba		

**IMPORTANT DATES:**

**May 14: Mother's Day**

**May 29: Memorial Day**