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Gillespie, IL 62033

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## 2 GYMS, 1 FAMILY

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

Register for select classes through the Mindbody app!

### SEPTEMBER CLASS SCHEDULE - Gillespie

MON. TUE. WED. THUR. FRI. SAT.

A  
M  
  
  
P  
M

					7:00a: Saturday Morning Sweat
8a: Yoga 9a: Bootcamp	9a: Spinning	8a: Yoga 9a: Bootcamp	9a: Spinning		
6p: Spin & Abs	6p: Flow 385	6:15p: The Figure Bootcamp	6p: Spin & Abs		

### SEPTEMBER CLASS SCHEDULE - Staunton

MON. TUE. WED. THUR. FRI. SAT.

A  
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M

		5:30a: Sunrise Bootcamp		5:30a: Sunrise Bootcamp	9a: Flow 385 10a: Yoga
5:30p: Spinning 6:30p: PowerBoxing	5:30p: Women's Strength 6:30p: Dance Aerobic	5:30p: Step 6:30p: Flow 385	5:30p: Spinning		

**IMPORTANT DATES:**

- Sept 4: Labor Day - Entry with keycard only (No classes or staffed hours)
- Sept 16: Barb's Birthday
- Sept 18: Skinny Jean's Challenge starts!