



📍 103 North Jersey
Gillespie, IL 62033

📍 1505 Illinois Route 4
Staunton, IL 62088

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📘 facebook.com/agelessfitness

📘 facebook.com/ageless2

2 GYMS, 1 FAMILY

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

Register for select classes through the Mindbody app!

APRIL CLASS SCHEDULE - Gillespie

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

★ 5a: Morning Madness

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8a: Yoga
9a: Bootcamp

9a: Spinning

8a: Yoga
9a: Bootcamp

9a: Spinning

6p: Spin & Abs

6p: Flow 385

6p: Spin & Abs
6:30p: Spartan Training
Camp

6p: Flow 385

APRIL CLASS SCHEDULE - Staunton

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

5:30a: Sunrise
Bootcamp

5:30a: Sunrise
Bootcamp

9a: Flow 385
10a: Yoga

4:15p: Bootcamp

4:15p: Bootcamp

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:

April 1: Morning Madness in Gillespie moved to Tuesday/Thursday

April 16: Easter Sunday

April 16: Josh's Birthday

April 30: End of Swimsuit Challenge