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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!

AUGUST CLASS SCHEDULE - Gillespie

MON.

TUE.

WED.

THUR.

FRI.

SAT.

A
M

8a: Yoga
9a: Bootcamp

9a: Spinning

8a: Yoga
9a: Bootcamp

9a: Spinning

9:30a: Bootcamp

P
M

6p: Spin & Abs

6p: Flow 385

6p: Spin & Abs

6p: Bootcamp

AUGUST CLASS SCHEDULE - Staunton

MON.

TUE.

WED.

THUR.

FRI.

SAT.

A
M

5:30a: Sunrise
Bootcamp

5:30a: Sunrise
Bootcamp

9a: Flow 385
10a: Yoga

P
M

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:

Aug 5: Alpha Dog Run Club race at Staunton Country Club - 8am
Aug 16: First day of school