



📍 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!

OCTOBER CLASS SCHEDULE - Gillespie

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

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

OCTOBER CLASS SCHEDULE - Staunton

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

A M			5:30a: Sunrise Bootcamp		5:30a: Sunrise Bootcamp	9a: Flow 385 10a: Yoga
	5:30p: Spinning 6:30p: RIPPED	5:30p: Strength & Boxing 6:30p: Dance Aerobic	5:30p: Step 6:30p: Flow 385	5:30p: Spinning		
P M						

IMPORTANT DATES:

October 7: Amber's Birthday

October 9: Columbus Day

October 19: End of Skinny Jeans Contest

October 31: Halloween