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Staunton, IL 62088

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📘 facebook.com/agelessfitness

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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!

DECEMBER CLASS SCHEDULE - Gillespie

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

A M	8a: Yoga 9a: Bootcamp	9a: Spinning	8a: Yoga 9a: Bootcamp	9a: Spinning		7a: Saturday Morning Sweat
	6p: Spin & Abs 6:30p: GloKick	6p: Spin	6p: Metabolic Bootcamp	5:30p: Flow Bootcamp		
P M						

DECEMBER CLASS SCHEDULE - Staunton

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

A M			5:30a: Sunrise Bootcamp		5:30a: Sunrise Bootcamp	8a: Flow Bootcamp 9a: ZM Spin 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						

December 18: Regie's Birthday

December 22: Ugly Sweater Bootcamp Class

December 22: End of 'Ageless Saves Christmas' Challenge

December 25: Christmas Day

(Entry with keycard only December 25 - no classes)

IMPORTANT DATES: