



📍 103 North Jersey
Gillespie, IL 62033

📍 1505 Illinois Route 4
Staunton, IL 62088

☎ 217-839-2484

☎ 618-635-2243

📘 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!

FEBRUARY 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 6:30p: GloKick	6p: TKO Cardio Boxing	6p: Flow	6p: Spin		
P M						

FEBRUARY 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						

IMPORTANT DATES:

NEW staffed hours in Gillespie ONLY: Mon-Sat: 8a-11a
Mon-Thu: 3:30-6:30p

Feb 14: Valentine's Day

Feb 23: Kinesio tape seminar at Staunton (6pm)