

# Iron-Bound Gym *Daytime Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycling Power</b> 8:30 AM Traci <i>STAGES</i>	<b>Cycling Power</b> 6 AM Lynn <i>STAGES</i>	<b>RAW</b> 5:45 AM Lynn	<b>Cycling Beats</b> 6 AM Lynne <i>STAGES</i>	<b>Cardio Muscle</b> 5:45 AM Lynn	<b>Circuit Express</b> 6 AM Lynn	<b>Cycling Beats</b> 8 AM Lynn <i>STAGES</i>
<b>R.A.W.</b> 9:30 AM Lynne	<b>Sunrise Yoga</b> 6 AM Irene	<b>Cycling</b> 5:45 AM <i>STAGES</i> <i>Instructor-less</i>	<b>Muscle Madness</b> 7:15 AM Traci	<b>Cycling</b> 5:45 AM <i>STAGES</i> <i>Instructor-less</i>	<b>Muscle Madness</b> 7:15 AM Traci	<b>Hatha Fusion Yoga</b> 8 AM Shane
<b>Meet at the Barre</b> 9:30 AM Jacquie	<b>Muscle Madness</b> 7:15 AM Lynne	<b>Meet at the Barre</b> 6 AM Jacquie	<b>Simply Stretch</b> 7:15 AM Lynne	<b>Barre Blast</b> 6 AM (45 min.) Jacquie	<b>Barre Strength</b> 7:15 AM Jacquie	<b>Cardio Muscle</b> 9 AM Lynn
<b>R.A.W.</b> 10:30 AM Lynne	<b>Muscle Madness</b> 8:15 AM Traci	<b>Meet at the Barre</b> 7 AM Jacquie	<b>Muscle Madness</b> 8:15 AM Traci	<b>Meet at the Barre</b> 7 AM Jacquie	<b>Row Camp</b> 8:15 AM Scott	<b>Meet at the Barre</b> 9:30 AM Jacquie
<b>Meet at the Barre</b> 11 AM Jacquie	<b>Meet at the Barre</b> 8:15 AM Mande	<b>Step n' Abs</b> 8:15 AM Cindy <i>STAGES</i>	<b>Meet at the Barre</b> 8:15 AM Gail	<b>Zumba</b> 8:15 AM Theresia/Dian	<b>Pilates Mat</b> 8:15 AM Mande	<b>Cycling Power</b> 10 AM Jennifer <i>STAGES</i>
<b>Simply Stretch</b> 12:15 PM Donna	<b>Pilates Mat</b> 9:30 AM Mande	<b>Cycling Power</b> 8:15 AM Jamie	<b>Simply Stretch</b> 9:15 AM Traci	<b>Cycling Power</b> 8:15 AM Jamie <i>STAGES</i>	<b>Kicks, Jabs 'n Abs</b> 9:15 AM Tina	<b>Zumba</b> 10:30 AM Shannon
<b>Cycling</b> 1:15 PM <i>STAGES</i> <i>Instructor-less</i>	<b>Zumba</b> 9:15 AM Theresia	<b>Muscle Madness</b> 9:15 AM Gail	<b>Cycling Beats</b> 9:15 AM <i>STAGES</i> Jennifer	<b>Muscle Madness</b> 9:15 AM Jennifer	<b>Cycling Beats</b> 9:15 AM Jennifer <i>STAGES</i>	
<b>Yoga</b> 3:30 PM Shomer	<b>Cycling Beats</b> 9:15 AM Jamie <i>STAGES</i>	<b>Meet at the Barre</b> 9:30 AM Mande	<b>Power Yoga</b> 9:30 AM Lia	<b>Meet at the Barre</b> 9:30 AM Gail	<b>Meet at the Barre</b> 9:30 AM Jacquie	
<b>Please reserve your spot in class on the Iron Bound Gym App.</b>	<b>Cardio Muscle</b> 10:15 AM Lynne	<b>Athletic Core</b> 10:15 AM Cindy	<b>Muscle Pump</b> 10:15 AM Mande	<b>RAW</b> 10:15 AM Lynne	<b>Yoga Stretch</b> 10:30 AM Patricia	
	<b>Yoga</b> 11 AM Lia	<b>Yoga</b> 10:45 AM Shomer	<b>Cycling Beats</b> 11:30 AM <i>STAGES</i> Jennifer	<b>Simply Stretch</b> 11:30 AM Lynne	<b>Gut n' Butt</b> 12:30 PM Tammy	
	<b>Cycling</b> 11:30 AM <i>STAGES</i> <i>Instructor-less</i>					

*\*Classes in Red are held across the street,  
Classes in Blue are part of Stages Studio Pro*

*Updated March 12 2024*

# Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Zumba</b> 4:30 PM Diane	<b>Gut n’ Butt</b> 4:30 PM Tammy	<b>Pilates Mat</b> 4:30 PM Cindy	<b>Simply Stretch</b> 4:15 PM Tammy	<b>Yoga</b> 5:15 PM Kimberly	
	<b>P90X</b> 5:30 PM Tabitha	<b>Zumba</b> 5:30 PM Theresia	<b>Muscle Pump</b> 4:30 PM Jennfier	<b>Cardio Kick</b> 4:30 PM Cindy	<b>Cycling</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>	
	<b>Cycling Beats</b> 5:30 PM Jennifer <b>STAGES</b>	<b>Cycling Beats</b> 5:30 PM Lynne <b>STAGES</b>	<b>Row Camp</b> 5:30 PM Scott	<b>P90X</b> 5:30 PM Tabitha		
	<b>Yin Yoga</b> 5:30 PM Patricia	<b>Meet at the Barre</b> 5:30 PM Jacquie	<b>Cycling Beats</b> 6:30 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Cycling Power</b> 5:30 PM (35 min.) Lynne <b>STAGES</b>		
		<b>Vinyasa Yoga</b> 6:45 PM Trisha	<b>Performance Yoga</b> 6:45 PM Irene	<b>Meet at the Barre</b> 5:30 PM Mande		
				<b>Yin Yoga</b> 6:45 PM Patricia		

Updated March 12, 2024

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***All class descriptions are available on the Iron-Bound Gym App***

## All Class Reservations

***Download our FREE app by searching Iron Bound Gym. Available in both Google Play and the App Store.***

- You may reserve a spot in class beginning 49 hours prior to each class you wish to reserve.
- **UNREGISTER** at least 4 hours prior to class if you cannot attend so the next person on the waiting list may be notified and adjust their schedule. Unregistering within that time frame may result in the inability to register for classes in the future for a period of time.
- And most of all, enjoy your in-person classes and **HAVE FUN!**

**IronboundGym.com**