



# Iron-Bound Gym Class Schedule

229-5874

The level indicators (I, II, III) listed below each class indicate the degree of intensity/difficulty.  
 I = low intensity/difficulty      II = moderate intensity/difficulty      III = high intensity/difficulty

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pilates Mat</b> 2:00 PM (I-II) Bess	<b>Insanity</b> 8:40 AM (I-II) 30 min. Lynann	<b>Cardio Muscle Circuit</b> 5:45 AM (II-III) Lynn	<b>Zumba</b> 8:00 AM (I-III) Brandy	<b>Conditioning Camp*</b> 5:45 AM (I-III) Lynn	<b>Yoga For Everyone</b> 8:00 AM Allyson	<b>Conditioning Camp*</b> 9:00 AM (I-III) Lynn
<b>Yoga For Everyone</b> 3:30 PM (I-II) Shomer	<b>Muscle Madness*</b> 9:20 AM (I-III) 30 min. Lynann	<b>Muscle Madness*</b> 8:15 AM (I-II) Gail	<b>Conditioning Camp*</b> 9:00 AM (II) John	<b>Zumba</b> 8:15 AM (II) Jorge	<b>Zumba Toning</b> 9:30 AM (II) Tina	<b>Zumba Toning</b> 10:15 AM (I-III) Bess
	<b>Meet at the Barre*</b> 9:30 AM (I-III) Suzanne	<b>Cardio Barre*</b> 9:30 AM (I-III) Lynann	<b>Yoga II</b> 10:00 AM (II-III) 75 min. Lia	<b>Meet at the Barre*</b> 9:15 AM (I-III) Gail	<b>Step Interval</b> 10:30 AM (II) Tammy	
	<b>Zumba</b> 10:00 AM (II) Tina	<b>Yoga</b> 9:30 AM (II) Shomer	<b>Step Interval*</b> 4:30 PM (II) Tammy	<b>Muscle Pump*</b> 9:20-10:00 AM (I-III) Lynann	<b>Gut n' Butt</b> 12:30-1:00 PM (II) Tammy	
	<b>Zumba/Zumba Toning</b> 4:30 PM (II) Tina	<b>Tai Chi</b> 10:45 AM Stan	<b>P90X*</b> 5:30 PM (II-III) Traci	<b>Yoga For Everyone</b> 10:50 AM (I-II) Patricia	<p style="text-align: center;"><b>See reverse for bike schedule</b></p>	
	<b>Yoga For Everyone</b> 5:30 PM (I-II) Kimberly	<b>Gut n' Butt</b> 4:30 PM Tammy		<b>Simply Stretch*</b> 4:30 PM (I) Tammy		
	<b>P90X*</b> 6:30 PM (II-III) Traci	<b>Conditioning Camp*</b> 5:30 PM (II-III) John		<b>Conditioning Camp*</b> 5:30 PM (I-III) 30 min. John		
		<b>Meet at the Barre</b> 5:30 PM (I-III) Suzanne		<b>Zumba</b> 6:00 PM (II-III) Jorge		
		<b>Yoga</b> 6:30 PM (II-III) Shomer				

\*Passes are handed out at the desk 15 minutes prior to class.

For Class Updates, announcements, specials and more, join the Iron-Bound E-mail list. Leave your e-mail or e-mail [scott@ironboundgym.com](mailto:scott@ironboundgym.com).

# Iron-Bound Gym Bike Schedule

229-5874

*\* Passes available at the desk 15 min. prior to each class*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strictly Bike*</b> 1:00 PM Amanda	<b>Strictly Bike*</b> 6:00 AM Lynn	<b>Strictly Bike*</b> 8:15 AM Jamie	<b>Strictly Bike*</b> 6:00 AM Lynn	<b>Strictly Bike*</b> 8:15 AM Jamie	<b>Strictly Bike*</b> 9:30 AM Steve	<b>Strictly Bike*</b> 8:00 AM Alise
	<b>Strictly Bike*</b> 8:15 AM Jamie	<b>Strictly Bike*</b> 5:30 PM Traci	<b>Bike Blast*</b> 9:45 AM (30 min.) John	<b>Bike Blast*</b> 10:10 AM (35 min.) Lynann		
	<b>Strictly Bike*</b> 11:30 AM Steve		<b>Strictly Bike*</b> 11:30 AM Steve	<b>Bike Blast*</b> 6:00 PM (30 min.) John		
	<b>Bike Blast*</b> 4:30 PM Cindy		<b>Strictly Bike*</b> 6:30 PM Alise			

## Class Descriptions

**Conditioning Camp:** A full body work-out that will build endurance, increase muscle tone and burn fat for ALL fitness levels. You may be on water rowers, use free weights, body weight exercises, the TRX, resistance bands, battle ropes and more...30-50 minutes.

**Gut n' Butt:** This one is pretty self-explanatory with emphasis solely on the gut (AKA Abdominals) and butt (AKA gluteus maximus). 30 or 45 minutes.

**Insanity:** A cardio-based total body conditioning program based on the principles of MAX Interval Training, which pushes the participant to new training heights, resulting in more calories burned & faster results. 30 min.

**Muscle Madness:** A toning and sculpting blast for your overall body using bands, Tubes, barbells and more...35- 50 minutes (WARM UP PRIOR TO CLASS)

**Muscle Pump:** A cardio barbell class using the best weight exercises including Squats, presses, lifts and more to strengthen your entire body... 50 minutes.

**Pilates Mat:** Pilates or Physical Mind method, is a series of nonimpact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness.

**P90X Live:** It gets serious results. Power through a variety of full-body strength training, cardio drills, and core work to bust through your plateaus. 50 Minutes

**Tai Chi for Health:** A gentle exercise for the entire body that increases flexibility/mobility, balance, muscular strength and fitness by integrating body and mind.

**Yoga for Everyone:** Learn basic and advanced Hatha yoga postures, breathing techniques and meditation practices. Designed to encourage weak muscles to strengthen and stiff joints to stretch, this class is perfect for all levels.

**Yoga II:** A flowing style of Vinyasa yoga which uses breath-synchronized movement to smoothly run postures together like a dance. Often referred to as meditation in motion, it cultivates strength, endurance, flexibility, balance, focus, and serenity. 75 min.

**Zumba/Zumba Express:** A fusion of latin dance and easy to follow moves that create a fun and dynamic workout for everyone. 30 or 50 Minutes.

**Cardio Muscle Circuit:** Combining the best of both worlds, cardio and muscle circuit training for a total overall body workout. 60 min.

**Meet at the Barre:** This class incorporates a combination of upper & lower body strength training, core work, and flexibility utilizing the barre and strength equipment to develop sculpted, long & lean muscles.