



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

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
Strictly Bike* 1:00 PM Amanda	Strictly Bike* 6:00 AM Lynn	Strictly Bike* 8:15 AM Jamie	Strictly Bike* 6:00 AM Lynn	Strictly Bike* 8:15 AM Jamie	Strictly Bike* 9:30 AM Steve	Strictly Bike* 8:00 AM Alise
	Strictly Bike* 8:15 AM Jamie	Strictly Bike* 5:30 PM Traci	Bike Blast* 9:45 AM (30 min.) John	Bike Blast* 10:10 AM (35 min.) Lynann	 <p>THIS FACILITY IS NOW MYZONE ENABLED!</p>	
	Strictly Bike* 11:30 AM Steve		Strictly Bike* 11:30 AM Steve	Bike Blast* 6:00 PM (30 min.) John		
	Bike Blast* 4:30 PM Cindy		Bike Blast* 6:30 PM Traci			

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.