



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	Boot Camp 5:45 AM (II-III) Lynn	Zumba/Strong by Zumba 8:00 AM (I-III) Brandy	Cardio Muscle* 5:45 AM (I-III) Lynn	Boot Camp Express 6:00 AM (II-III) Lynn	Cardio Muscle* 9:00 AM (II-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	Simply Stretch 9:00 AM (I) 30 min. Traci	Zumba 8:15 AM (II) Jorge	Yoga For Everyone 8:00 AM Allyson	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	P90X* 9:40 AM (II-III) 30 min. Lynann	Meet at the Barre* 9:15 AM (I-III) Gail	Zumba Toning 9:30 AM (II) Tina	
	Zumba 10:00 AM (II) Tina	Yoga 9:30 AM (II) Shomer	Yoga II 10:20 AM (II-III) 75 min. Lia	Muscle Pump* 9:20-10:00 AM (I-III) Lynann	Step Interval 10:30 AM (II) Tammy	
	Zumba/Zumba Toning 4:30 PM (II) Tina	Tai Chi 10:45 AM Stan	Step Interval* 4:30 PM (II) Tammy	Yoga For Everyone 10:50 AM (I-II) Patricia	Gut n' Butt 12:30-1:00 PM (II) Tammy	
	Yoga For Everyone 5:30 PM (I-II) Kimberly	Gut n' Butt 4:30 PM Tammy	P90X* 5:30 PM (II-III) Traci	Simply Stretch* 4:30 PM (I) Tammy	Candlelight Yoga 4:30 PM (I) Allyson <i>Last Friday of the month ONLY</i>	
	P90X* 6:30 PM (II-III) Traci	Boot Camp* 5:30 PM (II-III) John	Zumba Toning 6:30 PM (I-III) Bess <i>Begins Oct. 2</i>	Boot Camp* 5:30 PM (I-III) 30 min. John		
See reverse for bike schedule		Meet at the Barre 5:30 PM (I-III) Suzanne		Zumba 6:00 PM (II-III) Tina		
		Candlelight Yoga 6:30 PM (I) Allyson				



THIS FACILITY IS NOW
MYZONE

 ENABLED!


Updated September 4, 2019

*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

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	Strictly Bike* 11:30 AM Steve	Bike Blast* 10:10 AM (35 min.) Lynann		
	Strictly Bike* 11:30 AM Steve		Bike Blast* 6:30 PM Traci/Alise	Bike Blast* 6:00 PM (30 min.) John		
	Bike Blast* 5:00 PM Traci	* Passes available at the desk 15 min. prior to each class				

Class Descriptions

Candlelight Yoga: A tranquil yoga flow class, uniting mind, body and breath by candlelight.

Boot 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: A fusion of latin dance and easy to follow moves that create a fun and dynamic workout for everyone. 50 Minutes.

Strong By Zumba: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Cardio Muscle: Combining the best of both worlds, cardio and muscle 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.