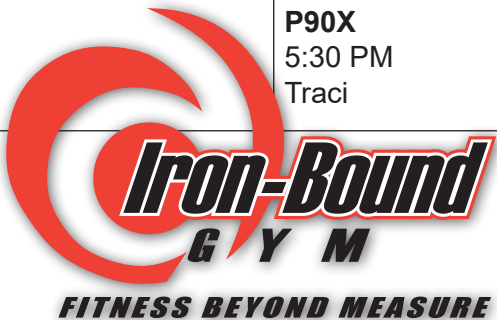



# Iron-Bound Gym In-Person Class Schedule

229-5874

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Core</b> 1 PM Donna	<b>Lower Body Blast</b> 9 AM Candice	<b>Boot Camp</b> 5:45 AM (II-III) Lynn	<b>Muscle Maddness</b> 8:15 AM (II-III) Traci	<b>Cardio Muscle</b> 5:45 AM (I-III) Lynn	<b>Boot Camp Express</b> 6 AM (II-III) Lynn	<b>Cardio Muscle</b> 9 AM Lynn
	<b>Zumba</b> 10 AM Tina	<b>Muscle Madness</b> 9:15 AM (I-II) Gail	<b>Simply Stretch</b> 9:15 AM (I) Traci	<b>Zumba</b> 8:15 AM (II) Jorge	<b>Yoga for Everyone</b> 9 AM Alyson Location: Spoke & Art Deck	<b>Zumba</b> 10:30 AM (I-III) Shannon
	<b>Zumba Toning</b> 4:30 PM Tina	<b>Yin Yoga</b> 10:30 AM (I-III) Patricia	<b>Power Yoga</b> 10 AM (II-III) Lia	<b>Pump</b> 9:15 AM (I-III) Traci	<b>Zumba Toning</b> 9:15 AM (II) Tina	
	<b>P90X</b> 5:30 PM Traci	<b>Gut n' Butt</b> 4:30 PM Tammy	<b>Low Impact Interval</b> 4:30 PM (II) Tammy	<b>Yoga For Everyone</b> 10:30 AM (I-II) Patricia	<b>Gut n' Butt</b> 12:30 (II) Tammy	
		<b>Zumba Toning</b> 5:30 PM (I-III) Tina	<b>P90X</b> 5:30 PM (II-III) Traci	<b>Simply Stretch</b> 4:30 PM (I) Tammy	<p><i>Safety is our number one priority and due to social distancing guidelines, all classes MUST be reserved prior to class with a max of 11 per class. See page 2 for details.</i></p>	
				<b>Boot Camp</b> 5:30 PM (I-III) Scott		

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## In-Person Bike Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strictly Bike</b> 8:30 AM Amanda	<b>Strictly Bike</b> 6 AM Amanda	<b>Strictly Bike</b> 8:15 AM Jamie	<b>Strictly Bike</b> 6 AM Lynn	<b>Strictly Bike</b> 8:15 AM Jamie	<b>Strictly Bike</b> 9 AM Jennifer	<b>Strictly Bike</b> 8 AM Lynn
	<b>Strictly Bike</b> 8:15 AM Jamie	<b>Strictly Bike</b> 5:30 PM Traci	<b>Strictly Bike</b> 11:30 AM Jennifer	<b>Strictly Bike</b> 5:30 PM Candice	<b>Strictly Bike</b> 10:30 AM Jennifer	<b>Strictly Bike</b> 9:30 AM Candice
	<b>Strictly Bike</b> 11:30 AM Traci		<b>Strictly Bike</b> 5:30 PM Candice	 <p><i>See page 2 for details on how to set up your Stages Account and how to book a spot in your favorite class.</i></p>		
	<b>Strictly Bike</b> 5:30 PM Jennifer					

# Iron-Bound Gym **Virtual** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga</b> 2 PM Shomer	<b>Insanity</b> 8:30 AM Lynann	<b>Cardio Barre</b> 8:30 AM (II-III) Lynann	<b>Muscle Maddness</b> 8:15 AM (II-III) Traci	<b>Meet at the Barre</b> 9:30 AM (I-III) Gail	<b>Muscle Madness</b> 8:30 AM (II) Lynann	<b>Cardio Muscle</b> 9:15 AM (II-III) Lynn
	<b>Meet at Barre</b> 9:30 AM Suzanne	<b>Yin Yoga</b> 10:30 PM Patricia	<b>Simply Stretch</b> 9:15 AM (I) Traci	<b>Simply Stretch</b> 4:30 PM (I) Tammy	<b>Yoga</b> 10:15 AM Alyson <i>Recorded at Spoke &amp; Art</i>	
	<b>Yoga</b> 5:30 PM Kimberly	<b>Gut N' Butt</b> 4:30 PM Tammy	<b>Tai Chi</b> 10:30 AM Stan	<p><b>All Virtual classes are saved and may be watched at any time.</b></p> <p><b>Please request to join the Live Classes At Home facebook page for access</b></p>		
			<b>Low Impact Interval</b> 4:30 PM (II) Tammy			
			<b>P90X</b> 5:30 PM (II-III) Traci			

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## In-Person Class Reservations

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

- **There is a max of 11 per class (12 for indoor cycling).**
- **You may reserve a class beginning 49 hours prior to each class. You do reserve a particular spot in class so please make a note.**
- **You will receive a confirmation e-mail 2 hours prior to class. Unregister if you cannot attend so the next person on the waiting list may be notified. No-shows may be penalized as that would be taking a spot from some one that could take class.**
- **Please do NOT arrive more than 10 minutes prior to classes so others may clean equipment and exit the facility.**
- **Masks are required on all tiled surfaces and in the restrooms please.**
- **And most of all, enjoy your in-person classes and HAVE FUN!**

## In-Person Bike Information

### Setting Up Your Stages Account

1. Go to stagesflight.com
2. Click REGISTER and complete all info and hit REGISTER again
3. Verify your e-mail address
4. Hover or click on your e-mail address and click SETTINGS
5. Click LOCATIONS
6. Enter location id TP627 and Click ADD LOCATION

### To Book a Class (Max is 2 days & 30 minutes to book prior)

1. Click BOOKING
2. Click BOOK CLASS
3. Click BOOK NOW on the class you wish
4. Select your bike (NOT #1) and click CONFIRM
5. You will receive an e-mail and your bookings