



Iron-Bound Gym **In-Person** Class Schedule

229-5874

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core 1 PM Donna	Lower Body Blast 9 AM Candice	Boot Camp 5:45 AM (II-III) Lynn	Muscle Maddness 8:15 AM (II-III) Traci	Cardio Muscle 5:45 AM (I-III) Lynn	Boot Camp Express 6 AM (II-III) Lynn	Cardio Muscle 9 AM Lynn
	Zumba 10 AM Tina	Muscle Madness 9:15 AM (I-II) Gail	Simply Stretch 9:15 AM (I) Traci	Zumba 8:15 AM (II) Jorge	Yoga for Everyone 9 AM Alyson Location: Spoke & Art Deck	Zumba 10:30 AM (I-III) Shannon
	Zumba 4:30 PM Tina	Yin Yoga 10:30 AM (I-III) Patricia	Power Yoga 10 AM (II-III) Lia	Pump 9:15 AM (I-III) Traci	Zumba Toning 9:15 AM (II) Tina	<p>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.</p>
	P90X 5:30 PM Traci	Gut n' Butt 4:30 PM Tammy	Low Impact Interval 4:30 PM (II) Tammy	Yoga For Everyone 10:30 AM (I-II) Patricia	Gut n' Butt 12:30 (II) Tammy	
		Zumba Toning 5:30 PM (I-III) Tina	P90X 5:30 PM (II-III) Traci	Simply Stretch 4:30 PM (I) Tammy	Kicks, Jabs 'n Abs 5:30 (II) Tina <i>Begins Oct. 23</i>	
			Boot Camp 5:30 PM (I-III) Scott			

Updated October 12, 2020

In-Person Bike Schedule

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

Iron-Bound Gym **Virtual** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core 1 PM Donna	Insanity 8:30 AM Lynann	Cardio Barre 8:30 AM (II-III) Lynann	Muscle Maddness 8:15 AM (II-III) Traci	Meet at the Barre 9:30 AM (I-III) Gail	Muscle Madness 8:30 AM (II) Lynann	Cardio Muscle 9:15 AM (II-III) Lynn
Yoga 2 PM Shomer	Meet at Barre 9:30 AM Suzanne	Yin Yoga 10:30 PM Patricia	Simply Stretch 9:15 AM (I) Traci	Simply Stretch 4:30 PM (I) Tammy	Yoga 10:15 AM Alyson <i>Recorded at Spoke & Art</i>	
	Yoga 5:30 PM Kimberly	Gut N' Butt 4:30 PM Tammy	Tai Chi 10:30 AM Stan	<p>All Virtual classes are saved and may be watched at any time.</p> <p>Please request to join the Live Classes At Home facebook page for access</p>		
			Low Impact Interval 4:30 PM (II) Tammy			
			P90X 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