

Iron-Bound Gym **In-Person & Live Stream** Class Schedule

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
<p><i>Safety is our number one priority and due to social distancing guidelines, all classes MUST be reserved prior to class. See page 2 for details.</i></p>	Zumba 10 AM Theresia	Muscle Madness 9:15 AM (I-II) Gail	Simply Stretch 9:15 AM (I) Traci	Zumba 8:15 AM (II) Jorge	Yoga for Everyone 8 AM Alyson	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) Lynann	Row Camp 9:15 AM (I-III) Scott	<p> All Classes May Be Streamed Through Our App To Your Home </p>
	P90X 5:30 PM Traci	Gut n' Butt 4:30 PM Tammy	Kicks, Jabs 'n Abs 4:30 (II) Tina	Simply Stretch 4:30 PM (I) Tammy	Gut n' Butt 12:30 (II) Tammy	
	Yin Yoga 6:40 PM Alyson	Zumba 5:30 PM (I-III) Brandy	P90X 5:30 PM (II-III) Traci	Row Camp 5:30 PM (I-III) Scott		


Updated March 1, 2021

Iron-Bound Gym **Virtual Only** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 2 PM Shomer	Insanity 8:30 AM Lynann	Cardio Barre 8:30 AM (II-III) Lynann		Meet at the Barre 9:30 AM (I-III) Gail		
	Meet at Barre 9:30 AM Suzanne	<p><i>All Virtual Only classes are streamed through our Live Classes at Home Facebook Page. You may watch them live OR go back and view them at any time.</i></p>				
	Yoga 5:30 PM Kimberly					

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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
Safety is our number one priority and due to social distancing guidelines, all classes MUST be reserved prior to class. See below for details.	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 Candice			
	Strictly Bike 5:30 PM Jennifer					

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All In-Person Class Reservations

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

- You may reserve a spot in class beginning 49 hours prior to each class you wish to reserve.
- **UNREGISTER** at least 8 hours prior to class if you cannot attend so the next person on the waiting list may be notified and adjust their schedule. Unregistering within that time frame may result in the inability to register for classes in the future for a period of time.
- 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!**