
































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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Core</b> 1 PM Donna 	<b>Insanity/Upper Body</b> 8:15 AM Lynann  <i>Coming in May</i>	<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 
<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>	<b>Lower Body Blast</b> 9:15 AM Candice 	<b>Zumba</b> 8:15 AM Theresia 	<b>Simply Stretch</b> 9:15 AM (I) Traci 	<b>Zumba</b> 8:15 AM (II) Jorge 	<b>Yoga for Everyone</b> 8 AM Alyson 	<b>Zumba Toning</b> 10:30 AM (I-III) Shannon 
	<b>Zumba</b> 10:15 AM Theresia 	<b>Muscle Madness</b> 9:15 AM (I-II) Gail 	<b>Power Yoga</b> 10 AM (II-III) Lia 	<b>Pump</b> 9:15 AM (I-III) Lynann 	<b>Row Camp</b> 9:15 AM (I-III) Scott 	<p><b> All Classes May Be Streamed Through Our App To Your Home </b></p>
	<b>Zumba</b> 4:30 PM Tina 	<b>Yin Yoga</b> 10:30 AM (I-III) Patricia 	<b>Kicks, Jabs 'n Abs</b> 4:30 (II) Tina 	<b>Simply Stretch</b> 4:30 PM (I) Tammy 	<b>Gut n' Butt</b> 12:30 (II) Tammy 	
	<b>P90X</b> 5:30 PM Traci 	<b>Gut n' Butt</b> 4:30 PM Tammy 	<b>P90X</b> 5:30 PM (II-III) Traci 	<b>Row Camp</b> 5:30 PM (I-III) Scott 		
	<b>Yin Yoga</b> 6:40 PM Alyson 	<b>Zumba</b> 5:30 PM (I-III) Brandy 				

Updated April 13, 2021


















# Iron-Bound Gym **Virtual Only** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga</b> 2 PM Shomer	<b>Meet at Barre</b> 9:30 AM Suzanne	<b>Cardio Barre</b> 8:30 AM (II-III) Lynann		<b>Meet at the Barre</b> 9:30 AM (I-III) Gail		

*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.*

Updated April 13, 2021

# In-Person & *Live Stream* 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 
<i>Safety is our number one priority and due to social distancing guidelines, all classes MUST be reserved prior to class. See below for details.</i>	<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 			
	<b>Strictly Bike</b> 5:30 PM Jennifer 					

Updated April 13, 2021

 *All Classes May Be Streamed Through Our App To Your Home* 

## 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!**