

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

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


















Updated May 3, 2021

Iron-Bound Gym **Virtual Only** Schedule

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

Updated May 3, 2021

In-Person & *Live Stream* 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 
<p><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></p>	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 					

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

Updated May 3, 2021

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!**