


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Simply Stretch</b> 1 PM Donna ▶	<b>Lower Body Blast</b> 9:15 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>Yoga</b> 2 PM Shomer ▶	<b>Meet at Barre</b> 9:15 AM Suzanne ▶	<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 ▶
<p style="text-align: center;"><b>Please reserve your spot in class on the Iron Bound Gym App.</b></p>	<b>Zumba</b> 10:15 AM Theresia ▶	<b>Muscle Maddness</b> 9:15 AM (I-II) Gail ▶	<b>Power Yoga</b> 10 AM (II-III) Lia ▶	<b>Pump</b> 9:15 AM (I-III) Traci ▶	<b>Row Camp</b> 9:15 AM (I-III) Scott ▶	<p style="text-align: center;"><b>▶ All Classes May Be Streamed Through Our App To Your Home ▶</b></p>
	<b>Zumba</b> 4:30 PM Tina ▶	<b>Gut n' Butt</b> 4:30 PM Tammy ▶	<b>Kicks, Jabs 'n Abs</b> 4:30 (II) Tina ▶	<b>Meet at the Barre</b> 9:15 AM (I-III) Gail ▶	<b>Kicks, Jabs 'n Abs</b> 10:30 (II) Tina <i>Begins June 25</i> ▶	
	<b>P90X</b> 5:30 PM Traci ▶	<b>Zumba</b> 5:30 PM (I-III) Brandy ▶	<b>P80</b> 5:30 PM (II-III) Tabitha ▶	<b>Yoga for Everyone</b> 10:30 AM Patricia ▶	<b>Gut n' Butt</b> 12:30 (II) Tammy ▶	
	<b>Yin Yoga</b> 6:40 PM Alyson ▶			<b>Simply Stretch</b> 4:30 PM (I) Tammy ▶		
				<b>Row Camp</b> 5:30 PM (I-III) Scott ▶		

Updated June 23, 2021



# 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> 9:30 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> 9:30 AM Candice	
	<b>Strictly Bike</b> 11:30 AM Traci						
	<b>Bike Blast</b> 5:30 PM 30 Minutes 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.
- And most of all, enjoy your in-person classes and **HAVE FUN!**