


# 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>Row Camp</b> 8:15 AM (I-III) Scott ▶	<b>Zumba Toning</b> 10:30 AM (I-III) Shannon ▶
<b>Please reserve your spot in class on the Iron Bound Gym App.</b>	<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>Muscle Maddness</b> 9:15 AM (I-III) Traci ▶	<b>Kicks, Jabs 'n Abs</b> 9:15 (II) Tina ▶	<b>▶ All Classes May Be Streamed Through Our App To Your Home ▶</b>
	<b>Zumba</b> 4:30 PM Tina ▶	<b>Yoga</b> 10:30 AM Shomer ▶	<b>Kicks, Jabs 'n Abs</b> 4:30 (II) Tina ▶	<b>Meet at the Barre</b> 9:15 AM (I-III) Gail ▶	<b>Yoga Stretch</b> 10:30 Patricia ▶	
	<b>P90X</b> 5:30 PM Traci ▶	<b>Gut n' Butt</b> 4:30 PM Tammy ▶	<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 Patricia ▶	<b>Zumba</b> 5:30 PM (I-III) Brandy ▶		<b>Simply Stretch</b> 4:30 PM (I) Tammy ▶		
				<b>Row Camp</b> 5:30 PM (I-III) Scott ▶		

Updated September 27, 2021



# In-Person Bike Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Stages Cycling 8:30 AM Lynn/Traci	Stages Cycling 6 AM Candice	Stages Cycling 8:15 AM Jamie	Stages Cycling 6 AM Lynn	Stages Cycling 8:15 AM Jamie	Stages Cycling 9:30 AM Jennifer	Stages Cycling 8 AM Lynn	
	Rhythm Cycle 8:15 AM Jamie	Stages Cycling 5:30 PM Traci	Stages Cycling 11:30 AM Jennifer	Stages Cycling 5:30 PM Candice		Stages Cycling 9:30 AM Candice	
	Stages Cycling 11:30 AM Traci						
	Stages Cycle Blast 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!**