


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Simply Stretch 1 PM Donna ▶	Lower Body Blast 9:15 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 style="text-align: center;">Please reserve your spot in class on the Iron Bound Gym App.</p>	Meet at Barre 9:15 AM Suzanne ▶	Zumba 8:15 AM Theresia ▶	Simply Stretch 9:15 AM (I) Traci ▶	Zumba 8:15 AM (II) Jorge ▶	Row Camp 8:15 AM (I-III) Scott ▶	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 ▶	Muscle Madness 9:15 AM (I-III) Traci ▶	Kicks, Jabs 'n Abs 9:15 (II) Tina ▶	<p style="text-align: center;">▶ All Classes May Be Streamed Through Our App To Your Home ▶</p>
	Zumba 4:30 PM Tina ▶	Yoga 10:30 AM Shomer ▶	Kicks, Jabs 'n Abs 4:30 (II) Tina ▶	Meet at the Barre 9:15 AM (I-III) Gail ▶	Yoga Stretch 10:30 Patricia ▶	
	P90X 5:30 PM Traci ▶	Gut n' Butt 4:30 PM Tammy ▶	P80 5:30 PM (II-III) Tabitha ▶	Yoga for Everyone 10:30 AM Patricia ▶	Gut n' Butt 12:30 (II) Tammy ▶	
	Yin Yoga 6:40 PM Patricia ▶	Zumba 5:30 PM (I-III) Brandy ▶		Simply Stretch 4:30 PM (I) Tammy ▶	Kicks, Jabs 'n Abs 5:15 (II) Tina ▶ <i>Last Friday of the Month</i>	
			Row Camp 5:30 PM (I-III) Scott ▶			

Updated December 23, 2021



In-Person Bike Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Stages Power 8:30 AM Lynn <i>Alternating Weeks</i>	Stages Beats 6 AM Lauren	Stages Power 8:15 AM Jamie	Stages Power 6 AM Lynn	Stages Power 8:15 AM Jamie	Stages Beats 9:30 AM Jennifer	Stages Beats 8 AM Lynn	
	Stages Beats 8:30 AM Traci	Stages Beats 8:15 AM Jamie	Stages Beats 5:30 PM Traci	Stages Power 11:30 AM Jennifer	Stages Power 5:30 PM Candice		Stages Power 10 AM Candice
	Stages Beats 11:30 AM Traci						
	Stages Beats 5:30 PM Jennifer						

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Bike Class Descriptions

Stage Power: A personalized cycling class for all fitness levels where you are guided through class using colors specific to you. These colors are based on your individual power measured accurately through the stages system. Enjoy the music, the visuals, the lighting, and watch your progress each and every class.

Stages Beats: A fun and dynamic cycling class using rhythm of music to drive the class. See how accurate you can be to the “beats” using visual displays individual to each rider. Come join in the fun and watch your fitness soar.

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 4 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!**