

Iron-Bound Gym **FITNESS** January 2022

ANNOUNCEMENTS

FTP Class with Candice: January 22 will be the next Functional Threshold Power cycling class at 10AM. In our classes at IBG, we use a short 3-5 minute test to estimate your true FTP in order to establish your personal color zones used during class. This class will give you the most accurate FTP number you may use to "lock" your number for classes and see how this number improves over time. Reserve your spot on the app. *Each rider receives a free water bottle.*

Free Nutrition Class: Sean will be offering 2 FREE nutrition classes this month. Sign up at the front desk. Bring a friend as they are open to both members and non-members. January 15th or 17th at noon.

Training Special: Sean is offering a 5 session training package for ONLY \$200 (reg. \$250) to get your new year started right. Give him a call at (808) 364-1767 or see his site at www.sgrcoach.com for more about Sean. Only a few packages are available.

Did you know? IBG has a functional room that has all sorts of things in it: 4 squat racks, pull up rigs, ski erg, assault bike, rowers, bumpers, special bars, ropes, and much much more. It is only \$20/month added to your membership or \$5 a day. Ask the desk and we will be more than willing to show you.



STAFF BIRTHDAYS

Shannon Pressley Jan 3
Theresia Layman Jan 8
Sean Ramirez Jan 29

STAFF ANNIVERSARIES

Patricia Travis 2015
Shomer Zwelling 2014
Tina Mylum 2013
Lynn Combs 2005

THANK YOU FOR ALL OF THE SUPPORT IN 2021.
WE LOOK FORWARD TO A GREAT 2022 WITH ALL OF YOU.
GET THOSE CHECK-INS EARLY TO EARN THAT FREE SWAG.



EVENTS

BINGO Begins! It is that time of the year. Each bingo card is \$10 (one per person) with half going to The Hospice House of Williamsburg and the other to the winner of the drawing for all members that complete the card by the end of the month. It's simple...complete all the tasks and turn in your card. With your first BINGO, you even receive a FREE smoothie. This one is very fun!!!



First BINGO gets a FREE smoothie. A BLACKOUT is entered in a 50/50 drawing.

TAKE A BIKE CLASS	DO 20 BURPEES	20 BALL SLAMS	TAG IBG ON INSTAGRAM OR FACEBOOK	WEAR WALKY SOCKS TO THE GYM
TAKE A YOGA, STRETCH, OR CORE CLASS	30 MINUTES ON ANY CARDIO MACHINE	8 MACHINES IN THE CIRCUIT AREA	WORKOUT ON A SUNDAY	DO 30 SIT UPS
WEAR IBG TO THE GYM	TAKE A ZUMBA OR KICKS CLASS	FREE SWEAT	INITIALS OF A PERSONAL TRAINER	10 ASSISTED PULL-UPS
15 WALL BALLS	1 MINUTE TOTAL OF A PLANK	20 TRX ROWS	45 SECOND RUSSIAN TAPS	1 MINUTE ROPE PULL
20 PUSH UPS	30 SECOND MONSTER WALK W/BAND	30 STEP UPS	1 MINUTE TOTAL WALL SIT	500M ROW



Dog Pack Club: Nautical Dog and IBG have teamed up to bring you weekly dog walks every Sunday at 10:30 AM. Bring your furry friend(s) to Nautical Dog on Main Street and walk together or separate at various distances based on your pooches ability. This is a very fun time for all so tell your friends and neighbors. Free gifts will be given to attendees.

Billsburg Running & Cyclinc Club: IBG is proud to sponsor this club hosted at Billsburg Brewery every Tuesday evening. You will run one of 4 different 5K courses at your own pace or ride your choice of distance on the Capital Trail or Jamestown Island. Sign in between 5 & 6 PM and be part of the fun. Enjoy beverage specials after and receive free tees & and other merch as you attend more and more weeks. Make sure you say hello to our new IBG ambassador at the check in table Jackie Mierle too.

2021 300 VISIT RECIPIENTS

Tish Walker
Justin Diaz
Billy Strout
Diane Strout
Christian Lopez
Mike Lester
Shannon Pressley
Ginger Wilkin
Lynn Combs
Paul Reier
Dave Mason
Sarah Jane Bussey
Josh Lewis
Charles Woody
Steve Merrill
Candice Condon

