


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Simply Stretch 1 PM Donna ▶	Muscle Madness 9:15 AM Jennifer ▶	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>
	Yoga for Everyone 11:30 AM Lia ▶	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 ▶	
	Zumba 4:30 PM Tina ▶	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 ▶	
	P90X 5:30 PM Traci ▶	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>	
	Yin Yoga 6:40 PM Patricia ▶			Row Camp 5:30 PM (I-III) Scott ▶		

Updated March 30, 2022



In-Person Bike Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stages Power 8:30 AM Lynn <i>Alternating Weeks</i> Stages Beats 8:30 AM Traci	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 8:15 AM Jamie	Stages Beats 5:30 PM Traci	Stages Power 8:15 AM <i>Instructor-less</i>	Stages Power 5:30 PM Candice	Stages Power 5:30 PM <i>Instructor-less</i>	Stages Power 10 AM Candice
Stages Power 12:15 PM <i>Instructor-less</i>	Stages Beats 11:30 AM Traci		Stages Power 11:30 AM Jennifer			
	Stages Beats 5:30 PM Jennifer		Stages Power 5:30 PM <i>Instructor-less</i>			
	Stages Power 7:30 PM <i>Instructor-less</i>		Stages Power 7:30 PM <i>Instructor-less</i>			

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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.

Instructor-less: These are power cycling classes with no in-person instructor. Anyone is welcome but for the most effective experience book your bike in your Stages Cloud account and your saved FTP number will be used for all color zones during the class. Or you may simply ride and follow along using the levels you choose to ride and following the prompts on the screen.

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!**