


# Iron-Bound Gym *Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycling Power</b> 8:30 AM Traci <i>Alternating Weeks</i> <b>STAGES</b> <b>Cycling Beats</b> 8:30 AM Lynn	<b>Cycling Beats</b> 6 AM Lauren <b>STAGES</b> <b>Muscle Madness</b> 8:15 AM Traci	<b>Boot Camp</b> 5:45 AM (II-III) Lynn <b>Step N' Abs</b> 8:15 AM Cindy	<b>Cycling Power</b> 6 AM Lynn <b>STAGES</b> <b>Muscle Madness</b> 7:15 AM Traci	<b>Cardio Muscle</b> 5:45 AM Lynn <b>Zumba</b> 8:15 AM Jorge	<b>Boot Camp Express</b> 6 AM Lynn <b>Row Camp</b> 8:15 AM Scott	<b>Cycling Beats</b> 8 AM Lynn <b>STAGES</b> <b>Cardio Muscle</b> 9 AM Lynn
<b>R.A.W.</b> 11 AM Lynne	<b>Pilates Mat</b> 8:15 AM Mande	<b>Cycling Power</b> 8:15 AM Jamie <b>STAGES</b>	<b>Muscle Madness</b> 8:15 AM Traci	<b>Cycling Power</b> 8:15 AM Jamie <b>STAGES</b>	<b>Kicks, Jabs 'n Abs</b> 9:15 AM Tina	<b>Cycling Power</b> 10 AM Candice <b>STAGES</b>
<b>Simply Stretch</b> 12:15 PM Donna	<b>Meet at Barre</b> 9:15 AM Suzanne	<b>Muscle Madness</b> 9:15 AM Gail	<b>Simply Stretch</b> 9:15 AM Traci	<b>Muscle Madness</b> 9:15 AM Jennifer	<b>Cycling Beats</b> 9:15 AM Jennifer <b>STAGES</b>	<b>Zumba Toning</b> 10:30 AM Shannon
<b>Cycling Power</b> 1:15 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Zumba</b> 9:15 AM Theresia	<b>RAW Express</b> 10:15 AM <i>30 minutes</i> Lynne	<b>Meet at the Barre</b> 9:15 AM Mande	<b>Meet at the Barre</b> 9:15 AM Gail	<b>Yoga Stretch</b> 10:30 AM Patricia	<p>▶ <b>All Classes May Be Streamed Through Our App To Your Home</b> ▶</p>
<b>Yoga</b> 3:30 PM Shomer	<b>Cycling Beats</b> 9:15 AM Jamie <b>STAGES</b>	<b>Yoga</b> 11 AM Shomer	<b>Cycling Power</b> 9:15 AM <b>STAGES</b> <i>Instructor-less</i>	<b>Yoga</b> 10:30 AM Patricia	<b>Gut n' Butt</b> 12:30 PM Tammy	
<p><b>Please reserve your spot in class on the Iron Bound Gym App.</b></p>	<b>Muscle Pump</b> 10:15 AM Mande	<b>Gut n' Butt</b> 4:30 PM Tammy	<b>Power Yoga</b> 10 AM Lia	<b>Simply Stretch</b> 4:30 PM Tammy	<b>Fun Friday Class</b> 5:15 PM <i>Instructor &amp; Class Rotates - Check the App for details</i>	
	<b>Yoga</b> 11:15 AM Lia	<b>Zumba</b> 5:30 PM Brandy/Jorge	<b>Cycling Beats</b> 11:30 AM Jennifer <b>STAGES</b>	<b>Meet at the Barre</b> 4:30 PM Mande	<b>Cycling Power</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>	
	<b>Cycling Power</b> 11:30 AM Jennifer <b>STAGES</b>	<b>Cycling Beats</b> 5:30 PM Traci <b>STAGES</b>	<b>Kicks, Jabs 'n Abs</b> 4:30 PM Tina	<b>P90</b> 5:30 PM Traci	<p><i>Coming Soon</i></p> 	
	<b>Zumba</b> 4:30 PM Tina		<b>Instructors Bike Class</b> 4:30 PM	<b>Cycling Power</b> 5:30 PM <i>Instructor-less</i> <b>STAGES</b>		
	<b>Meet at the Barre</b> 4:30 PM Suzanne		<b>Row Camp</b> 5:30 PM Scott			
	<b>P80</b> 5:30 PM Tabitha		<b>Cycling Beats</b> <b>STAGES</b> 5:30 PM Lynn			
	<b>Cycling Beats</b> <b>STAGES</b> 5:30 PM Jennifer		<b>Performance Yoga</b> 6:40 PM Irene			
<b>Yin Yoga</b> 6:40 PM Patricia						

# Fitness Class Descriptions

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**Play Button:** All classes are streamed live through the App

**Class Descriptions:** A detailed class description is available for every class on the IBG App

# Bike Class Descriptions

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**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.

**STAGESSTUDIO™**  
**PRO**

**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

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**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!*

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**IronboundGym.com**

