

# 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>Cycling Beats</b> 8:30 AM <b>STAGES</b> Lynn	<b>Cycling Beats</b> 6 AM Lauren <b>STAGES</b>	<b>Boot Camp</b> 5:45 AM (II-III) Lynn ▶	<b>Cycling Power</b> 6 AM Lynn <b>STAGES</b>	<b>Cardio Muscle</b> 5:45 AM Lynn ▶	<b>Boot Camp Express</b> 6 AM Lynn ▶	<b>Cycling Beats</b> 8 AM Lynn <b>STAGES</b>
	<b>Muscle Madness</b> 8:15 AM Traci ▶	<b>Step N' Abs</b> 8:15 AM Cindy ▶	<b>Muscle Madness</b> 8:15 AM Traci ▶	<b>Zumba</b> 8:15 AM Jorge ▶	<b>Row Camp</b> 8:15 AM Scott	<b>Cardio Muscle</b> 9 AM Lynn ▶
<b>R.A.W.</b> 11 AM Lynne ▶	<b>Meet at Barre</b> 9:15 AM Suzanne ▶	<b>Cycling Power</b> 8:15 AM Jamie <b>STAGES</b>	<b>Simply Stretch</b> 9:15 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>Zumba</b> 9:15 AM Theresia ▶	<b>Muscle Madness</b> 9:15 AM Gail ▶	<b>Meet at the Barre</b> 9:15 AM Mande	<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>Cycling Beats</b> 9:15 AM Jamie <b>STAGES</b>	<b>RAW Express</b> 10:15 AM <i>30 minutes</i> Lynne ▶	<b>Cycling Power</b> 9:15 AM <b>STAGES</b> <i>Instructor-less</i> ▶	<b>Meet at the Barre</b> 9:15 AM Gail	<b>Yoga Stretch</b> 10:30 AM Patricia ▶	▶ <b>All Classes May Be Streamed Through Our App To Your Home</b> ▶
<b>Yoga</b> 3:30 PM Shomer ▶	<b>Muscle Pump</b> 10:15 AM Mande ▶	<b>Yoga</b> 11 AM Shomer ▶	<b>Power Yoga</b> 10 AM Lia ▶	<b>Yoga</b> 10:30 AM Patricia ▶	<b>Gut n' Butt</b> 12:30 PM Tammy ▶	
Please reserve your spot in class on the Iron Bound Gym App.	<b>Yoga</b> 11:15 AM Lia ▶	<b>Gut n' Butt</b> 4:30 PM Tammy ▶	<b>Cycling Beats</b> 11:30 AM Jennifer <b>STAGES</b>	<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>Cycling Power</b> 11:30 AM Jennifer <b>STAGES</b>	<b>Zumba</b> 5:30 PM Brandy/Jorge ▶	<b>Kicks, Jabs 'n Abs</b> 4:30 PM Tina ▶	<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>Zumba</b> 4:30 PM Tina ▶	<b>Cycling Beats</b> 5:30 PM Traci <b>STAGES</b>	<b>Instructors Bike Class</b> 4:30 PM	<b>P90</b> 5:30 PM Traci ▶		
	<b>Meet at the Barre</b> 4:30 PM Suzanne		<b>Row Camp</b> 5:30 PM Scott	<b>Cycling Power</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>		
	<b>P80</b> ▶ 5:30 PM Tabitha		<b>Cycling Power</b> 5:30 PM Lynne <b>STAGES</b>			
<b>Cycling Beats</b> 5:30 PM Jennifer <b>STAGES</b>		<b>Performance Yoga</b> 6:40 PM Irene ▶				
<b>Yin Yoga</b> ▶ 6:40 PM Patricia						

Updated August 1, 2022

# 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**

