

September 2022

Iron-Bound Gym FITNESS

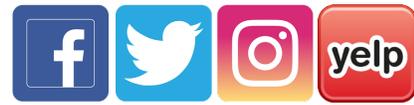
ANNOUNCEMENTS

Iron-Bound & Yoga Update: We are so pleased to announce the opening of our new space across the street on Tuesday, September 6th. This space will allow us to expand our class schedule with variety and also classes happening at the same time. Thank you so much for the support as it takes all of our wonderful members to make this possible.

New Class Schedule: Check out our new class schedule beginning Tuesday, September 6th online, on the app, or on the bulletin board. We now offer more than 70 classes per week as part of your membership! Remember to reserve your place up to 49 hours in advance and unregister at least 4 hours in advance if you cannot make it. As always, we will be watching how the schedule is working and looking to make improvements as we see fit.

Staff Updates: We are so excited to welcome Jacquie to the IBG staff as a barre instructor. Her vast experience and energy are going to work perfectly in the new space. Ginger is going to wait until spring to move to Alaska, which means we are very lucky to have her stay with us at IBG until then. Once again, congratulations to Sarah Jane on becoming the manager of IBG.

Common Gym Courtesy: Be kind to your fellow members by re-racking your weights and letting others work-in with you. We would appreciate no cell phone conversations in the cardio area. In addition, be aware of your time spent on your phone while on equipment as others may be waiting. If you are on social media, at least tag us on Instagram or Facebook :)



STAFF BIRTHDAYS

Charles Woody	Sept 13
Suzanne Glass	Sept 14

STAFF ANNIVERSARIES

Ralph Yzzi	2011
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EVENTS

9/11 Challenge: Complete the 2,071 of the fallen World Trade Center steps on our stepmill any time during the month in memory of those fallen on that fateful day in our history, and IBG will match your donation of \$10 to the National Fallen Firefighters Foundation. Stop by the desk to make your \$10 donation, complete the challenge and add your name to our completion wall.

Run for the Hills: Join the IBG team for this awesome race and benefit happening Saturday, October 8th right in New Town. Go to Runforthehills.org for more info and to join. Costumes and fun are the norm so get ready for a special event for a great local charity....Here for the Girls.

Walk for ALZ: Join our team for the 2022 Walk for ALZ happening in New Town on Saturday, October 22nd. Go to act.alz.org and search for team Iron-Bound Gym. All of your donations are welcome in support of the research to end this dreaded disease that not only affects the individual themselves, but also the friends and loved ones of those around them. This will be an enjoyable and special morning. Get your purple ready!

