

CELEBRATING **40 YEARS** IN BUSINESS!

January 2023

# Iron-Bound Gym FITNESS

## ANNOUNCEMENTS

**IBG Turns 40:** We cannot believe it has been 40 years and we cannot wait to celebrate with you this year. Our 100, 200, & 300 visit items will carry the theme this year and we are planning a big BBQ event this summer in order to really toast our years. Stay tuned for more announcements. Thank you so much for being part of Iron-Bound Gym. We look forward to 40 more!!!

**Class Changes:** We are always watching and listening to what class changes we need to make. Beginning January 9th, we are adding a 7:15 AM Muscle Madness class with Lynne. Also welcome Dian to the Zumba crew. She will be teaching Thursday mornings along with Theresia at 8:15. A new Sports Performance yoga class with Irene will be added on Thursdays at 6:45 PM too.

Like always, reserve your spots on the app and remember to unregister at least 4 hours in advance or call us if it is last minute or within 2 hours of the start of class. The two hour window should be used for last minute emergencies only please.

**Your First Time:** We all have had our first day in the gym and this is the time of the year many will have their first experience too. The gym can be an intimidating place for some so keep that in mind. Be cognisant of those around you and help them out if you see someone looking sort of "lost".

## A SAFE HAVEN

We think of IBG as **A SAFE HAVEN** from all of the stresses of the world so please *leave your drama at the door*. You never **KNOW WHAT SOMEONE HAS GOING ON OUTSIDE** and they are in the gym to better themselves in both mind and body. Remember to *smile, say hello, nod, and be friendly* to your fellow members. We are here to **MAKE A POSITIVE EXPERIENCE** in your day no matter what you have going on. *We truly appreciate you sharing your time with us.*

## EVENTS

**BINGO:** Our fun game is back once again for January only. This is your chance to earn a free smoothie for your first BINGO plus donate to a wonderful place, the Hospice House of Williamsburg. Half of each \$10 card (one per person) goes to this great place with one member receiving the other half of all of the entries in cash. To qualify, you must fill the entire card. This is a great way to have some fun and try different things in the gym too. In addition, IBG will match the amount going to Hospice House. Get your card early and have fun!



**Underwear & Bra Drive:** Thank you so much to everyone who took the time to fill the tree with underwear and bras for the homeless right here in our local community. The impact of giving something we take for granted goes so far. COFM will distribute these each week at a different church where the homeless are taken care of during the winter months.



## STAFF BIRTHDAYS

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

## STAFF ANNIVERSARIES

Patricia Travis	2015
Shomer Zwelling	2014
Tina Mylum	2012
Lynn Combs	2005



## 2022

## 300 Check-In Recipients

- Charles Woody
- Carl seefried
- Brent Wooten
- Lynn combs
- Justin Diaz
- Sarah Jane Bussey
- Sean cockrill.
- Dennis Cowles
- Billy Strout
- Tracey Dumphy
- Jessica Bateman
- Shannon Pressley
- Emily Mernin
- David Mason
- Traci Fairheart
- Chris Sutton
- Shawn Carnahan
- Steve Merrill
- Becky Gwynn

