

# Iron-Bound Gym *Daytime 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 Lynn	<b>Meet at Barre</b> 5:30 AM Jacquie	<b>Boot Camp</b> 5:45 AM (II-III) Lynn	<b>Meet at Barre</b> 5:30 AM Jacquie	<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>Cycling Power</b> 6 AM Lynn <b>STAGES</b>	<b>Cycling</b> 5:45 AM <b>STAGES</b> <i>Instructor-less</i>	<b>Cycling Beats</b> 6 AM Lynne <b>STAGES</b>	<b>Cycling</b> 5:45 AM <b>STAGES</b> <i>Instructor-less</i>	<b>Muscle Madness</b> 7:15 AM Traci	<b>Hatha Flow Yoga</b> 8 AM Irene
<b>R.A.W.</b> 10 AM Lynne	<b>Muscle Madness</b> 7:15 AM Lynne	<b>Power Yoga</b> 6 AM (45 min.) Irene	<b>Muscle Madness</b> 7:15 AM Traci	<b>Barre Blast</b> 6 AM (45 min.) Jacquie	<b>Row Camp</b> 8:15 AM Scott	<b>Cardio Muscle</b> 9 AM Lynn
<b>Meet at Barre</b> 11 AM Jacquie	<b>Muscle Madness</b> 8:15 AM Traci	<b>Meet at Barre</b> 7 AM Jacquie	<b>Simply Stretch</b> 7:15 AM Lynne	<b>Meet at Barre</b> 7 AM Jacquie	<b>Pilates Mat</b> 8:15 AM Mande	<b>Meet at Barre</b> 9:30 AM Jacquie
<b>Simply Stretch</b> 12:15 PM Donna	<b>Meet at the Barre</b> 8:15 AM Mande	<b>Step n' Abs</b> 8:15 AM Cindy <b>STAGES</b>	<b>Muscle Madness</b> 8:15 AM Traci	<b>Zumba</b> 8:15 AM Theresia/Dian	<b>Kicks, Jabs 'n Abs</b> 9:15 AM Tina	<b>Cycling Power</b> 10 AM Jennifer <b>STAGES</b>
<b>Cycling</b> 1:15 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Pilates Mat</b> 9:30 AM Mande	<b>Cycling Power</b> 8:15 AM Jamie	<b>Meet at the Barre</b> 8:15 AM Gail	<b>Cycling Power</b> 8:15 AM Jamie <b>STAGES</b>	<b>Cycling Beats</b> 9:15 AM Jennifer <b>STAGES</b>	<b>Zumba Toning</b> 10:30 AM Shannon
<b>Yoga</b> 3:30 PM Shomer	<b>Zumba</b> 9:15 AM Theresia	<b>Muscle Madness</b> 9:15 AM Gail	<b>Simply Stretch</b> 9:15 AM Traci	<b>Yoga</b> 8:15 AM Patricia	<b>Meet at Barre</b> 9:30 AM Jacquie	
<b>Please reserve your spot in class on the Iron Bound Gym App.</b>	<b>Cycling Beats</b> 9:15 AM Jamie <b>STAGES</b>	<b>Meet at the Barre</b> 9:30 AM Mande	<b>Cycling</b> 9:15 AM <b>STAGES</b> <i>Instructor-less</i>	<b>Muscle Madness</b> 9:15 AM Jennifer	<b>Yoga Stretch</b> 10:30 AM Patricia	
	<b>Cardio Muscle</b> 10:15 AM Lynne	<b>Atheltic Core</b> 10:15 AM Cindy	<b>Power Yoga</b> 9:30 AM Lia	<b>Meet at the Barre</b> 9:30 AM Gail	<b>Gut n' Butt</b> 12:30 PM Tammy	
	<b>Yoga</b> 11 AM Lia	<b>Yoga</b> 10:45 AM Shomer	<b>Muscle Pump</b> 10:15 AM Mande	<b>RAW</b> 10:15 AM Lynne		
	<b>Cycling Power</b> 11:30 AM Jennifer <b>STAGES</b>		<b>Cycling Beats</b> 11:30 AM Jennifer <b>STAGES</b>	<b>Simply Stretch</b> 11:30 AM Lynne		

# Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Kicks, Jabs &amp; Abs</b> 4:30 PM Tina	<b>Gut n' Butt</b> 4:30 PM Tammy	<b>Pilates Mat</b> 4:15 PM Cindy	<b>Athletic Core</b> 4 PM (25 min.) Cindy	<b>Fun Friday Class</b> 5:15 PM <i>Instructor &amp; Class Rotates - Check the App for details</i>	
	<b>P80</b> 5:30 PM Tabitha	<b>Zumba</b> 5:30 PM Jorge	<b>Muscle Madness</b> 4:30 PM Tammy/Jennifer	<b>Simply Stretch</b> 4:15 PM Tammy		
	<b>Cycling Beats</b> 5:30 PM Jennifer <b>STAGES</b>	<b>Cycling Beats</b> 5:30 PM Lynne <b>STAGES</b>	<b>Cycling Power</b> 4:30 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Cardio Kick</b> 4:30 PM Cindy	<b>Cycling</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>	
	<b>Yin Yoga</b> 5:30 PM Patricia	<b>Meet at the Barre</b> 5:30 PM Jacquie	<b>Row Camp</b> 5:30 PM Scott	<b>P90</b> 5:30 PM Traci		
			<b>Cycling Beats</b> 5:30 PM <b>STAGES</b> <i>Instructor-less</i>	<b>Cycling Beats</b> 5:30 PM (35 min.) Lynne <b>STAGES</b>		
			<b>BollyX LIT</b> 6:30 PM Shannon	<b>Meet at the Barre</b> 5:30 PM Mande		
			<b>Performance Yoga</b> 6:45 PM Irene	<b>Performance Yoga</b> 6:45 PM Irene		

Updated May 25, 2023

*\*Classes in Red are held across the street, Classes in Blue are part of Stages Studio Pro*

***All class descriptions are available on the Iron-Bound Gym App***

## All 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!***

**IronboundGym.com**