

May 2023

# Iron-Bound Gym FITNESS

## ANNOUNCEMENTS

**What's Next for IBG?** As you know, we are always looking ahead to bring you the best in equipment and instruction at IBG. Our next big project involves several unique plate loaded and selectorized pieces (10 to be exact). We will also be replacing a very large section of flooring at the same time. Stay tuned for more info in the coming months. Tentatively this all will take place late August.

**Nitro Cold Brew:** We have partnered with Anonymous Coffee located in Norge in order to bring you delicious nitro cold brew coffee. Simply pay and serve yourself at the tap. Watch the action of nitro and enjoy your creamy cup of cold brew coffee. Each ounce is 45 cents with nearly 20 milligrams of caffeine per.



## STAFF BIRTHDAYS

|                 |        |
|-----------------|--------|
| Lynne Long      | May 8  |
| Patricia Travis | May 14 |
| Carter Davis    | May 14 |

## STAFF ANNIVERSARIES

|             |      |
|-------------|------|
| James Scott | 2022 |
|-------------|------|

## 40TH ANNIVERSARY BBQ PARTY



June 10

IBG will celebrate its 40 years of being in business on Saturday, June 10th at Billsburg Brewery. For the first time in history we will close early on a non-holiday at 2 PM so all staff and members have the opportunity to be part of the festivities later that day. Your souvenir cup (ticket) is ONLY \$10 and includes food from Two Drummers BBQ, \$5 craft cocktails and beer from Billsburg, and live music by Sammy Lee. Get your ticket and souvenir cup beginning Tuesday, May 30th at the gym before they are gone! Don't miss this!

@ Billsburg Brewery



## EVENTS

**Cycle for a Cause:** During the month of May, IBG will donate \$\$\$ to the fundraising efforts of Diane Strout towards Roswell Park, a comprehensive cancer center. She and her husband Billy have been training together for her 500 mile ride from Staten Island to Niagara Falls in July called the Empire State Ride. In support of her and her cause, IBG will donate \$5 for EACH individual rider of any cycling class as long as the member also donates \$5 or more to the same cause. (one donation per person) Let's kick cancer in the butt together and support all of the hard work Dianne is putting into this. Please donate your \$5 (or more of course) at the desk following your ride or donate directly at [give.roswellpark.org](http://give.roswellpark.org) and search for Diane Strout as the participant.



**Zumbathon:** Plan on being outside IBG on Memorial Day for our annual event in support of The Arc of Williamsburg. This is a wonderful organization dedicated to serving adults with intellectual and developmental disabilities since 1976! Mark your calendar for Monday, May 29th at 9:30 AM in the parking lot caddy corner to IBG. All are welcome to attend.

**Tuesday Run/Bike Club:** Just a reminder of the free Tuesday evening Bike & Run Club at Billsburg Brewery. The final Friday of every month 10 lucky people receive a \$5 voucher to the food truck for a bite after. This is fun and for all levels each and every week. Sign ups begin at 5 PM with the start at 6 PM.

**In Honor of! 5K:** We are proud to be a sponsor of Colonial Sports Inaugural event happening Sunday, May 28th. This race provides an opportunity for all of us to pay our respects, remember, honor and thank those Americans who gave their lives serving our country. The race course uses a USATF Virginia Capitol Trail Landfall 5k certified course, VA22029RT. Runners and walkers will start and finish near the 0 mile marker on the Capitol Trail and run a flat and fast course through beautiful Landfall. Check the community board for more details. Sign up at [runsignup.com](http://runsignup.com)

