

Iron-Bound Gym *Daytime Class Schedule*

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

Updated August 27, 2023

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

Iron-Bound Gym *Evening Class Schedule*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|---|----------|
| | Kicks, Jabs & Abs 4:30 PM Tina | Gut n' Butt 4:30 PM Tammy | Pilates Mat 4:15 PM Cindy | Athletic Core 4 PM (25 min.) Cindy | Groove 4 PM Kimberly | |
| | P90X 5:30 PM Tabitha | Zumba 5:30 PM Jorge | <i>Alternating Weeks</i> Step Interval 4:30 PM Jennifer | Simply Stretch 4:15 PM Tammy | Cycling 5:30 PM STAGES <i>Instructor-less</i> | |
| | Cycling Beats 5:30 PM Jennifer STAGES | Cycling Beats 5:30 PM Lynne STAGES | | Cardio Kick 4:30 PM Cindy | | |
| | Yin Yoga 5:30 PM Patricia | Meet at the Barre 5:30 PM Jacquie | Cycling Power 4:30 PM STAGES <i>Instructor-less</i> | P90X 5:30 PM Traci | | |
| | | Hatha Fusion Yoga 6:45 PM Irene | Row Camp 5:30 PM Scott | Cycling Power 5:30 PM (35 min.) Lynne STAGES | | |
| | | | Cycling Beats 5:30 PM STAGES Jennifer | Meet at the Barre 5:30 PM Mande | | |
| | | | Performance Yoga 6:45 PM Irene | | | |

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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