

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>	Cycling Power 6 AM Lynn <i>STAGES</i>	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>
	Sunrise Yoga 6 AM Irene	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
R.A.W. 10 AM Lynne	Muscle Madness 7:15 AM Lynne	Meet at the Barre 6 AM Jacquie	Simply Stretch 7:15 AM Lynne	Barre Blast 6 AM (45 min.) Jacquie	Barre Strength 7:15 AM Jacquie	Cardio Muscle 9 AM Lynn
Meet at the Barre 11 AM Jacquie	Muscle Madness 8:15 AM Traci	Meet at the Barre 7 AM Jacquie	Muscle Madness 8:15 AM Traci	Meet at the Barre 7 AM Jacquie	Row Camp 8:15 AM Scott	Meet at the Barre 9:30 AM Jacquie
Simply Stretch 12:15 PM Donna	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>
Cycling 1:15 PM <i>STAGES</i> <i>Instructor-less</i>	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 10:30 AM Shannon
Yoga 3:30 PM Shomer	Zumba 9:15 AM Theresia	Muscle Madness 9:15 AM Gail	Cycling Beats 9:15 AM <i>STAGES</i> Jennifer	Yoga 8:15 AM Patricia	Cycling Beats 9:15 AM Jennifer <i>STAGES</i>	
Please reserve your spot in class on the Iron Bound Gym App.	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 the Barre 9:30 AM Jacquie	
	Cardio Muscle 10:15 AM Lynne	Atheltic 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		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		
<i>*Classes in Red are held across the street, Classes in Blue are part of Stages Studio Pro</i>				Cycling Beats 11:30 AM Jennifer <i>STAGES</i>		

Iron-Bound Gym *Evening Class Schedule*

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

Updated November 22, 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