

Normal Hours March 31 8 AM - 5 PM

March 2024

Iron-Bound Gym FITNESS

ANNOUNCEMENTS

Safety and Security: There were a couple of break-ins to vehicles earlier this month where windows were smashed and valuables taken. This happened during the daylight. Please make sure your belongings are secure and hidden in your trunk or bring them with you inside the gym. We have locks you may borrow to secure your items if needed. In addition, cameras have been added to the outside of the building for an extra layer of protection. Your safety and well-being are of the utmost concern.

Summer is Coming! Bringing together your fitness AND nutrition is the best way to hit your summer goals. Check out these offers by Tonya...Nutrition consult: \$50 to set your personal macros (protein, Fat, carbs) and calorie goals and nutrition plan. ALSO, Partner training special (grab a friend to work out with!): \$35/person/session. Minimum of 6 sessions. Check the website or the trainer bios at the desk in order to contact her directly.

updated CLASS CANCELLATION POLICY

It is very evident our current class cancellation policy has not been working as we continue to have numerous late call-ins and no shows to our classes. This has led to frustration from members and staff and it is time to change.

We have researched numerous policies in the industry and come up with what we feel is the best solution moving forward. A late cancellation (within 8 hours) or a no show will incur a charge of \$10. Any exceptions to this will be at the discretion of the manager.

Our ultimate goal is to not charge a single penny!!! In order to participate in reserving classes at IBG, an updated waiver must be completed at the front desk.

EVENTS

Bike the Bridge: We are proud to once again sponsor Bike the Bridge on its new spring date of Saturday, April 6th. This is for all levels. The route will start in James City County, cross the Chickahominy River and enter into Charles City County along the Virginia Capital Trail. Routes options include 15, 25 and 50 miles. Parking, rider check-in and lunch will be located at Jamestown Beach Event Park. Light refreshments, event t-shirt and lunch are included with rider registration. Go to bikesignup.com and search Bike the Bridge Williamsburg.



\$15 SATURDAY APRIL 20 @ 10am
Benefiting the Coast Guard
Tactical Law Enforcement Foundation

Boot Camp & Brews: This event makes its triumphant return on Saturday, April 20th at Frothy Moon Brewery on Jamestown Road. Your \$15 donation benefits the Coast Guard Tactical Foundation. When catastrophic events happen, they rapidly dispense EAF support to the member or immediate family in order to assist with travel costs, lodging, living expenses, funeral arrangements, and other extraordinary expenses related to the emergency that the service is not authorized to cover. This is an obstacle course style event with numerous modifications for all levels for those just wanting to have fun to those looking to push and challenge themselves. Your donation includes your first beverage. All are welcome and encouraged to attend. Sign up online at ironboundgym.com under JOIN.

Free Iron-Bound Gym Gear: Check out the new design for 2024! Make sure you check in at the desk every day you come in and ask us when you think you are at 100 in order to receive your FREE shirt. Keep it going for our 200-visit sweatshirt and really show that consistency with 300 check-ins for a personalized letter jacket. We absolutely LOVE giving all of these out.



STAFF BIRTHDAYS

Shane Civitillo	March 2
Tabitha Royce	March 22
Cindy Irwin	March 29
James Scott	March 31

STAFF ANNIVERSARIES

Gail Scanlan	2004
Charles Woody	2009



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