

Iron-Bound Gym *Daytime Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling Power 8:30 AM Traci <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	Circuit Express 6 AM Lynn	Cycling Beats 8 AM Lynn <i>STAGES</i>
R.A.W. 9:30 AM Lynne	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 Shane
Meet at the Barre 9:30 AM Jacquie	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
R.A.W. 10:30 AM Lynne	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
Meet at the 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 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 Beats 9:15 AM <i>STAGES</i> Jennifer	Muscle Madness 9:15 AM Jennifer	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	Meet at the Barre 9:30 AM Gail	Meet at the 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	RAW 10:15 AM Lynne	Yoga Stretch 10:30 AM Patricia	
	Yoga 11 AM Lia	Yoga 10:45 AM Shomer	Cycling Beats 11:30 AM Jennifer <i>STAGES</i>	Simply Stretch 11:30 AM Lynne	Gut n' Butt 12:30 PM Tammy	
	Cycling 11:30 AM <i>STAGES</i> <i>Instructor-less</i>					

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

Updated April 1, 2024

Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba 4:30 PM Diane	Gut n' Butt 4:30 PM Tammy	Pilates Mat 4:30 PM Cindy	Simply Stretch 4:15 PM Tammy	Yoga 5:15 PM Kimberly	
	P90X 5:30 PM Tabitha	Zumba 5:30 PM Theresia	Muscle Pump 4:30 PM Jennfier	Cardio Kick 4:30 PM Cindy	Cycling 5:30 PM STAGES <i>Instructor-less</i>	
	Cycling Beats 5:30 PM Jennifer STAGES	Cycling Beats 5:30 PM Lynne STAGES	Row Camp 5:30 PM Scott	P90X 5:30 PM Tabitha		
	Yin Yoga 5:30 PM Patricia	Meet at the Barre 5:30 PM Jacquie	Cycling Beats 6:30 PM STAGES <i>Instructor-less</i>	Cycling Power 5:30 PM (35 min.) Lynne STAGES		
		Vinyasa Yoga 6:45 PM Trisha	Performance Yoga 6:45 PM Irene	Meet at the Barre 5:30 PM Mande		
				Yin Yoga 6:45 PM Patricia		

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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 8 hours prior to class if you cannot attend so the next person on the waiting list and the instructor may be notified. See our complete cancellation policy posted in the gym or on the website.*
- *And most of all, enjoy your in-person classes and HAVE FUN!*

IronboundGym.com