












Iron-Bound Gym *Daytime Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 8:30 AM Traci 	Cycling 6 AM Lynn 	RAW 5:45 AM Lynn	Cycling 6 AM Lynne 	Cardio Muscle 5:45 AM Lynn	Circuit Express 6 AM Lynn	Cycling 8 AM Lynn 
R.A.W. 9:30 AM Lynne	Sunrise Yoga 6 AM Irene	Meet at the Barre 6 AM Jacquie	Muscle Madness 7:15 AM Traci	Barre Blast 6 AM (45 min.) Jacquie	Muscle Madness 7:15 AM Traci	Weekend Flow 8 AM Sarah
Meet at the Barre 9:30 AM Jacquie	Muscle Madness 7:15 AM Lynne	Meet at the Barre 7 AM Jacquie	GUT 'n Butt 7:15 AM Lynne	Meet at the Barre 7 AM 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	Step n' Abs 8:15 AM Cindy	Muscle Madness 8:15 AM Traci	Zumba 8:15 AM Theresia/Dian	Row Camp 8:15 AM Scott	Meet at the Barre 9:30 AM Jacquie
Advance Barre 11 AM Jacquie	Meet at the Barre 8:15 AM Mande	Cycling 8:15 AM Jamie 	Meet at the Barre 8:15 AM Gail	Cycling 8:15 AM Jamie 	Pilates Mat 8:15 AM Mande	Cycling 10 AM Jennifer 
Simply Stretch 12:15 PM Donna	Pilates Mat 9:30 AM Mande	Muscle Madness 9:15 AM Gail	Simply Stretch 9:15 AM Traci	Muscle Madness 9:15 AM Jennifer	Kicks, Jabs 'n Abs 9:15 AM Tina	Zumba 10:30 AM Shannon
Yoga 3:30 PM Shomer	Zumba 9:15 AM Theresia	Meet at the Barre 9:30 AM Mande	Cycling 9:15 AM Jennifer 	Meet at the Barre 9:30 AM Gail	Cycling 9:15 AM Jennifer 	
Please reserve your spot in class on the Iron Bound Gym App.	Cycling 9:15 AM Jamie 	Athletic Core 10:15 AM Cindy	Power Yoga 9:30 AM Lia	RAW 10:15 AM Lynne	Meet at the Barre 9:30 AM Jacquie	
	Cardio Muscle 10:15 AM Lynne	Yoga 10:45 AM Shomer	Muscle Pump 10:15 AM Mande	Simply Stretch 11:30 AM Lynne	Yoga Stretch 10:30 AM Patricia	
	Yoga 11 AM Lia		Cycling 11:30 AM Jennifer 		Gut n' Butt 12:30 PM Tammy	
*Classes in Red are held across the street, Classes in Blue are in the cycling studio						

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	
	Meet at the Barre 4:30 PM Jojo	Zumba 5:30 PM Theresia	Row Camp 5:30 PM Scott	Cardio Kick 4:30 PM Cindy		
	P90X 5:30 PM Tabitha	Cycling 5:30 PM Lynne 	Zumba 6:30 PM Marcela	P90X 5:30 PM Tabitha		
	Cycling 5:30 PM Jennifer 	Meet at the Barre 5:30 PM Jacquie	Performance Yoga 6:45 PM Irene	Cycling 5:30 PM (35 min.) Lynne 		
	Yin Yoga 5:30 PM Patricia	Vinyasa Yoga 6:45 PM Trisha		Meet at the Barre 5:30 PM Mande		
				Yin Yoga 6:45 PM Patricia		

Updated August 30, 2024

*Classes in **Red** are held across the street, Classes in **Blue** are in the cycling studio

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