














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	Yoga Sculpt 6 AM Tricia	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 	
<p>Please reserve your spot in class on the Iron Bound Gym App.</p>	Pilates Mat 9:30 AM Mande	Muscle Madness 9:15 AM Gail	Simply Stretch 9:15 AM Traci	Muscle Madness 9:15 AM Jennifer	Cardio Dance & Strength 9:15 AM Tina	Zumba 10:30 AM Shannon	
	Zumba 9:15 AM Theresia	Meet at the Barre 9:30 AM Mande	Power Yoga 9:30 AM Lia	Meet at the Barre 9:30 AM Gail	Cycling 9:15 AM Jennifer 		
	Cycling 9:15 AM Jamie 	Athletic Core 10:15 AM Cindy	Muscle Pump 10:15 AM Mande	RAW 10:15 AM Lynne	Meet at the Barre 9:30 AM Jacquie		
	Cardio Muscle 10:15 AM Lynne	Yoga 10:45 AM Shomer	Cycling 11:30 AM Jennifer 	Simply Stretch 11:30 AM Lynne	Yoga Stretch 10:30 AM Patricia		
	Yoga 11 AM Lia				Gut n' Butt 12:30 PM Tammy		
<p>*Classes in Red are held across the street, Classes in Blue are in the cycling studio</p>							

Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 3:30 PM Shomer	Zumba 4:30 PM Diane	Gut n' Butt 4:30 PM Tammy	Pilates Mat 4:30 PM Cindy	Simply Stretch 4:15 PM Tammy	Rotating Class 5 PM <i>Check the App</i> Rotating Instructor	
	Meet at the Barre 4:30 PM Jojo	Zumba 5:30 PM Theresia/Shannon	Row Camp 5:30 PM Scott	Athletic Core 4:30 PM Cindy		
	P90X 5:30 PM Tabitha	Cycling  5:30 PM Lynne	Yoga Sculpt 5:30 PM Tricia	P90X 5:30 PM Tabitha		
	Cycling  5:30 PM Jennifer	Meet at the Barre 5:30 PM Jacquie	Zumba 6:30 PM Marcela	Cycling  5:30 PM (35 min.) Lynne		
	Yin Yoga 5:30 PM Patricia	Not Hot Yoga 6:45 PM Allyson		Pilates 5:30 PM Mande		
				Yin Yoga 6:45 PM Patricia		

Updated January 9, 2025

**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