

Iron-Bound Gym FITNESS

ANNOUNCEMENTS

Class Reservations: Classes will be busier during the next couple of months so please keep the following tips in mind in order to reduce frustrations with your fellow members:

- Sign up with the utmost intention of coming. (Do not reserve just “in case”)
- Please unregister at least 8 hours prior to class.
- If you are on the waitlist, please check to see if you have gotten into class and if you are not going to check, remove your name from the list.
- The 8-hour call window is meant for emergency purposes only. We are currently averaging more than 5 “emergencies” per day as of now..

Friday PM Classes Are Back: Please check the app for the class of the week as the instructors will rotate and the classes too. Classes will be held at 5 PM each Friday beginning Jan. 10th.

Towel Use: Keep in mind the white towels on the counter are for cleaning purposes ONLY and only one per visit. If you need a sweat towel, please bring your own. In addition, no towels are needed for any classes as all cleaning materials are provided in the rooms. Please return your used towels to the bins at each exit as you leave. Thank you.



From the bottom of my heart, thank you for a wonderful 2024 with all of you supporting IBG and being part of the IBG family. We all love to see each and everyone of you in the gym and working to be the best you can be. I personally am so thankful to all of our staff that work hard each and every day to make us a true IBG family. I cannot wait to have an even more exciting 2025 with a major surprise announcement coming soon... -Scott

EVENTS

BINGO! This is an IBG favorite every year so let's see how many people we can get to participate. Donate \$10 to the Hospice House of Williamsburg for your BINGO card. Each day complete a task for a stamp (you may do 2 on Fridays). You receive a free smoothie with your first BINGO and when you complete the entire card you are entered to win half of the money collected. It's a win-win, a wonderful organization supported and you will add a lot of variety to your fitness.



Professional Gym Photo: Get one free digital image when you donate \$10 to The Hospice House of Williamsburg at the desk or 3 for \$20 through December. Available Fridays 12-4 and Saturdays 9-12 from our very own Allison, owner of Allison Niccole Creatives. Check out one she took of S] earlier.



Breathwork & Cold Plunge Workshop: We are proud of member Brian Eremita to offer this Official Wim Hof Method workshop composed of three main components: Breathwork, Ice Bath, and Mindset. Benefits are increased energy, anti-inflammatory, increased sports performance, improved sleep, immune system boost, workout recovery, reduce in stress, pain relief, and more. It will involve science, techniques and exercises and also a plunge. It will be a 2.5 hour workshop for only \$40 and be held on Saturday, Jan 25th at 9am in the functional room. Sign up at the desk while there are spaces available.



STAFF BIRTHDAYS

- Shannon Pressley Jan 3
Theresa Layman Jan 8

STAFF ANNIVERSARIES

- Lynn Combs 2005
Tina Mylum 2012
Shomer Zwelling 2014
Patricia Travis 2015
Dian Montgomery 2023
Tonya Fehrenbach 2023

CONTRATS 2024 300-VISIT RECIPIENTS

- D.R. Dansby
Rosa Fuste
Kristen Collier
Anna Kostenim
Josie Giang
Jessie Diep
Mel Wrona
Brian Crittenden
Donny Behneman
Renard Miles
Tyler Morlowe
Will Duncan
Paul Reier
Charles Woody
Lynn Combs
Dawn O'Neil
Dave Mason
Katie Mann
Diane Pruitt
Mike Skinner
Greg Kline
Jojo McCandlish
Dennis Cowles
Pam Cornelius
Tom Giblin
Pat Shumaker
Sarah-Jane Bussey

-As of December 17-