














# Iron-Bound Gym *Daytime Class Schedule*

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

# Iron-Bound Gym *Evening Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga</b> 3:30 PM Shomer	<b>Zumba</b> 4:30 PM Diane	<b>Gut n' Butt</b> 4:30 PM Tammy	<b>Pilates Mat</b> 4:30 PM Cindy	<b>Simply Stretch</b> 4:15 PM Tammy	<b>Rotating Class</b> 5 PM <i>Check the App</i> Rotating Instructor	
	<b>Meet at the Barre</b> 4:30 PM Jojo	<b>Zumba</b> 5:30 PM Theresia/Shannon	<b>Row Camp</b> 5:30 PM Scott	<b>Athletic Core</b> 4:30 PM Cindy		
	<b>P90X</b> 5:30 PM Tabitha	<b>Cycling</b>  5:30 PM Lynne	<b>Yoga Sculpt</b> 5:30 PM Tricia	<b>P90X</b> 5:30 PM Tabitha		
	<b>Cycling</b>  5:30 PM Jennifer	<b>Meet at the Barre</b> 5:30 PM Jacquie	<b>Zumba</b> 6:30 PM Marcela	<b>Cycling</b>  5:30 PM (35 min.) Lynne		
	<b>Yin Yoga</b> 5:30 PM Patricia	<b>Slow Flow Yoga</b> 6:45 PM Allyson		<b>Pilates</b> 5:30 PM Mande		
				<b>Yin Yoga</b> 6:45 PM Patricia		

Updated April 3, 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**