HAPPY new year

Iron-Bound Gym FITNESS

January 2026

ANNOUNCEMENTS

CLASS RESERVATION CHANGES: Beginning January 8th, ALL class reservations will move to the new app. If you have not received an invite via e-mail please see the front desk. CLASSES OPEN UP 49 HOURS PRIOR TO CLASS AND CANNOT UNREGISTER WITHIN ONE HOUR of the start of class. No Shows and late call ins within 1 hour of class will be subject to a $10 fee. A reminder will be sent 2 hours prior to your class.

Waitlist Protocol: With the new reservation system, the waitlist system goes to a first come, first serve basis when a spot opens in class. In other words, when someone in class drops, all parties on the waitlist are notified via e-mail and the first one to claim the spot gets it. Within 1 hour of class, the waitlist is removed and those that show up at class time may enter if there is a no-show or someone is late to class.

Check-In for Class: Within 60 minutes of the class you are taking, your normal check-in also checks you into the class you are taking so we may track attendance. REMINDER, there is no unregistering within 1-hour of the class and no shows and late calls-ins are not permitted within that time. For those that are late to class, your spot may be given away at the start of class if someone is physically waiting.

Class Changes:

New Sunday Bike Class with Renard at 9:30 AM

Sunday 8:30 Bike Class with Traci moves to 8:15 AM

New Pilates Mat Class with Jet Sundays 10:30 AM

Staff Changes: Please welcome Ranganai to the front desk team. In addition, we would also like to thank Ralph for his many years of service to IBG. We will truly miss him behind the desk but look forward to him continuing to be part of the family and working out with us and taking classes.

BINGO! Is Here!

This yearly event supports the Hospice House of Williamsburg, which is a wonderful place where those spend their final days in true peace.The House relies on donations in order to function so supporting this event really goes a long way. Each BINGO card is $10 with half of the money donated and the other half being put toward a drawing for someone to win who completes the entire card. The first 50 with a BINGO receive a free smoothie too. Donate an EXTRA $5 and cross off any square! All donations this year will be in the name of our former trainer and friend Pete Campas.

EVENTS

Show You Care with Underwear: IBG is proud once again to be collecting underwear for the Community of Faith Mission. This is a local organization that feeds and houses our local homeless every winter. Each week a different church volunteers their space and volunteers to help make this program work. Our collection goes further than you know in order to help those in need. New boxers and ladies underwear are preferred. The tree will be up through mid-January or until full. Thank you.

Thank you very much for all of your support of Iron-Bound Gym in 2025! We are always striving to improve ourselves and upgrade and evolve, so thank you for your patience. We look forward to another great year in 2026 and helping you reach your fitness goals.

Wishing you all a healthy and Happy New Year!

-Scott Grafton

STAFF BIRTHDAYS

Shannon Pressley	Jan 3
Theresia Layman	Jan 8
Allyson Hopkins	Jan 24

STAFF ANNIVERSARIES

Lynn Combs	2005
Tina Mylum	2012
Shomer Zwelling	2014
Dian Montgomery	2023
Patricia Travis	2025

Every Friday in January

7:45 AM - 11 AM

Fresh Yogurt, Granola, & Fruit Bowls

- New Acai Bowls -

CONGRATS 2025 300-VISIT RECIPIENTS

Kelly Canfield-Miller
DR Dansby
Hollie McLean
Tom Giblin
Mike Skinner
Joe Mirarchi
Butch Easton
Tyler Marlowe
Katie Mann
Dawn O'Neil
Rosa Fuste
Will Duncan
Charles Woody
Shannon Pressley
Diane Pruitt
Lynn Combs
Tracey Dumphy
Pam Cornelius
Elisabeth Schluzsas
Gary Newton
JD Robilard
Michelle Merril
Steve Merril
Carl Seefried
Carol Eggleston
Toca Montgomery
Kristen Collier
Anna Kosteni
Lisa Heuval
Paul Reier
David Mason
Dennis Cowles
Lee Schuster
Max Pfannebecker
Ed Pittman
Renard Miles