

March 2026

Iron-Bound Gym FITNESS

ANNOUNCEMENTS

Free Swag: We want you to work out at IBG, which is why you joined. As a result, we reward you simply for showing up. Check in 100 times in 2026 and receive the free shirt on the right. Check in 200 times and receive a commemorative sweatshirt. If you check in more than 300 times like 35 members did in 2025, you receive a personalized letterman jacket. Can't wait to start giving away things...Who will be the first to receive a shirt?

Class Reservations: Just a reminder CLASSES OPEN UP 49 HOURS BEFORE CLASS AND CANNOT UNREGISTER WITHIN ONE HOUR of the start time. No Shows and late call ins within 1 hour of class will be subject to a \$10 fee. FYI, more than 65 different members have no-showed in 2026 so far but very few have repeated. Thank you for that.

Waitlist Protocol: The waitlist for classes is limited and on a first come, first serve basis. All those on the waitlist receive an email when someone unregisters and the first one to claim the spot gets it using the normal booking process. This process continues as people unregister.



STAFF BIRTHDAYS

Tabitha Royce	March 22
Cassidy Robertson	March 22
Cindy Irwin	March 29

STAFF ANNIVERSARIES

Gail Scanlan	2004
Charles Woody	2009



32 Qualify for the challenge and compete for MEPS in a knockout format

Qualifying:	March 2 - 13	All MyZone users are entered, top 32 move on, seeded according to total MEPS
Round 1:	March 17-21	16 head-to-head matches
Sweet 16:	March 23-26	
Elite 8	March 28-31	
Final 4:	April 2-5	Each receives an IBC t-shirt
Championship:	April 7-8	Most MEPS wins \$100 to Waypoint Restaurant Runner Up wins \$50 to Paul's Deli



Check Out the 2026 100 Check-In Shirt



Every Friday in March

7:45 AM - 11 AM
Fresh Yogurt, Granola, & Fruit Bowls
- New Acai Bowls -

EVENTS

IBG Cycle Challenge: Complete as many miles in April as you can for a chance to win half of the pot! The winner chooses where the remainder of the pot is donated! Top Male and Female mileage earners also receive prizes! How it works:

- Donate \$20 to be entered.
- Cycle for miles during class time in April.
- Record your mileage.
- Watch your mileage versus other riders.
- Earn one chance to win for 100 miles ridden during April.
- Earn another chance to win for each additional 50 miles.

Dog Street Pub Running Club: This casual club meets every Monday evening in CW. This is a free event; no experience is needed. Registration begins at 5 PM at Dog Street Pub and the run/walk starts at 6 PM. Upon your return, enjoy a beverage or a snack and visit with your fellow walkers and runners. The more you attend, the more free items you may receive. IBG is a proud sponsor!



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Meditation Classes With Payal
Friday, March 13 at 5 pm
Sunday, March 22 at 2pm

