# Iron-Bound Gym *Daytime Class Schedule*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **Cycling**<br>8:15 AM<br>Traci | **Cycling**<br>6 AM<br>Lynn | **Build & Burn**<br>5:45 AM<br>Lynn | **Sunrise Yoga**<br>6 AM<br>Tricia | **Cardio Muscle**<br>5:45 AM<br>Lynn | **Circuit Express**<br>6 AM<br>Lynn | **Cycling**<br>8 AM<br>Lynn |
| **Cycling**<br>9:30 AM<br>Renard | **Sunrise Yoga**<br>6 AM<br>Tricia | **Meet at the Barre**<br>6 AM<br>Jacquie | **Cycling**<br>6 AM<br>Renard | **Meet at the Barre**<br>6 AM<br>JoJo | **Lift**<br>7:15 AM<br>Traci | **Weekend Flow**<br>8 AM<br>Tricia |
| **Build & Burn**<br>9:30 AM<br>Lynne | **Muscle Madness**<br>7:15 AM<br>Lynne | **Meet at the Barre**<br>7 AM<br>Jacquie | **Bands**<br>7:15 AM<br>Traci | **Meet at the Barre**<br>7 AM<br>Jacquie | **Barre Strength**<br>7:15 AM<br>Jacquie | **Build & Burn**<br>8 AM<br>Renard |
| **Meet at the Barre**<br>9:15 AM<br>*Instructors Rotate* | **Cardio Muscle**<br>8:15 AM<br>Traci | **Step n' Abs**<br>8:15 AM<br>Cindy | **Gut 'n Butt**<br>7:15 AM<br>Lynne | **Zumba**<br>8:15 AM<br>Theresia | **Row Camp**<br>8:15 AM<br>Scott | **Cardio Muscle**<br>9:15 AM<br>Lynn |
| ***Reserve your class on the Iron Bound Gym App.*** | **Meet at the Barre**<br>8:15 AM<br>Mande | **Cycling**<br>8:15 AM<br>Jamie | **Bands**<br>8:15 AM<br>Traci | **Cycling**<br>8:15 AM<br>Jamie | **Pilates Mat**<br>8:15 AM<br>Jacquie | **Meet at the Barre**<br>9:30 AM<br>Jacquie |
| | **Pilates Mat**<br>9:30 AM<br>Mande | **Muscle Madness**<br>9:15 AM<br>Gail | **Meet at the Barre**<br>8:15 AM<br>Gail | **Muscle Madness**<br>9:15 AM<br>Jennifer | **Cardio Dance & Strength**<br>9:15 AM<br>Tina | **Cycling**<br>9:30 AM<br>Jennifer |
| | **Zumba**<br>9:15 AM<br>Theresia | **Meet at the Barre**<br>9:30 AM<br>Candace | **Simply Stretch**<br>9:15 AM<br>Traci | **Meet at the Barre**<br>9:30 AM<br>Gail | **Cycling**<br>9:15 AM<br>Jennifer | **Zumba**<br>10:30 AM<br>Shannon |
| | **Cycling**<br>9:15 AM<br>Jamie | **Athletic Core**<br>10:15 AM<br>Cindy | **Power Yoga**<br>9:30 AM<br>Lia | **Build & Burn**<br>10:15 AM<br>Lynne | **Meet at the Barre**<br>9:30 AM<br>Jacquie | |
| | **Cardio Muscle**<br>10:15 AM<br>Lynne | **Yoga**<br>10:45 AM<br>Shomer | **Zumba**<br>10:15 AM<br>Hilary | **Simply Stretch**<br>11:30 AM<br>Lynne | **Yoga Stretch**<br>10:30 AM<br>Patricia | |
| | **Yoga**<br>11 AM<br>Lia | | **Cycling**<br>11:30 AM<br>Jennifer | | **Gut n' Butt**<br>12:30 PM<br>Tammy | |
| | **Chair Fitness**<br>1 PM<br>Tina<br>*Coming in May!* | | **Chair Fitness**<br>1 PM<br>Tina<br>*Coming in May!* | | | |

**** Classes in Red are in the barre/yoga studio across the street***
**** Classes in Black are in the fitness studio across the street***

**** Classes in Blue are held in the cycling studio in the main gym***

*Updated August 17, 2026*

# Iron-Bound Gym *Evening Class Schedule*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **Yoga**<br>3:30 PM<br>Shomer | **Zumba**<br>4:30 PM<br>Diane | **Gut n' Butt**<br>4:30 PM<br>Tammy | **Pilates Mat**<br>4:30 PM<br>Cindy | **Simply Stretch**<br>4:15 PM<br>Tammy | | |
| | **Meet at the Barre**<br>4:30 PM<br>Jojo | **Zumba**<br>5:30 PM<br>Theresia/Tina | **Row Camp**<br>5:30 PM<br>Scott | **Athletic Core**<br>4:30 PM<br>Cindy | | |
| | **P90X**<br>5:30 PM<br>Tabitha | **Cycling**<br>5:30 PM<br>Lynne | **Yoga Sculpt**<br>5:30 PM<br>Lia | **Meet at the Barre**<br>5:30 PM (45 min.)<br>Melissa/Jacquie | | |
| | **Yin Yoga**<br>5:30 PM<br>Patricia | **Meet at the Barre**<br>5:30 PM<br>Jacquie | **Zumba**<br>6:30 PM<br>Marcela | **Boot Camp**<br>5:30 PM<br>Tabitha | | |
| | | **Candlelight Yoga**<br>6:45 PM<br>Allyson | | **Cycling**<br>5:30 PM<br>(35 min.)<br>Lynne | | |
| | | | | **Yin Yoga**<br>6:30 PM<br>Patricia | | |

*Updated August 17, 2026*

**** Classes in Red are in the barre/yoga studio across the street***
**** Classes in Black are in the fitness studio across the street***
**** Classes in Blue are held in the cycling studio in the main gym***

## *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 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**