

Iron-Bound Gym *Daytime Class Schedule*

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

* 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

Iron-Bound Gym *Evening Class Schedule*

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

Updated August 19, 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