

August 2026

Iron-Bound Gym FITNESS

ANNOUNCEMENTS

You Joined IBG to Work Out - and we're here to reward your consistency. Just by checking in, you can earn exclusive IBG gear throughout the year:

- 100 check-ins (2026): Earn a free IBG t-shirt
- 200 check-ins: Receive a commemorative sweatshirt
- 300+ check-ins: Join an elite group (35 members did it in 2025!) and earn a personalized letterman jacket

Your commitment doesn't go unnoticed. Stop by the front desk anytime to check your current total and see how close you are to your next reward.

Waitlist Protocols: Just a reminder that for those taking classes and on the waitlist, you do NOT automatically get into class in order when someone unregisters. Instead, each time a person unregisters, ALL of those on the waitlist receive a notification. The FIRST person to claim the open space in class gets in. This process occurs every time someone unregisters. You are more than welcome to show up for a class while on the waitlist to see if there is a no-show.

Check-In: Please check in at one of the three main computers before any sort of exercise, including classes. This ensures your visits for free swag are tracked correctly AND that you are marked as attended in your class. For any additional visits to the gym or a class on the same day do NOT check in; instead, mark yourself as attended in the class through the app.

Recovery Zone: We are so proud to bring you our new recovery zone. In addition to the sauna, it also features massage chairs, a CryoLounge, a HydroMassage, anti-gravity chairs and more. Ask to take a tour and see what it is all about.



STAFF BIRTHDAYS

Matt Flowers	Aug 11
Billy Strout	Aug 14
Irene Vlasidis	Aug 19
Jonathan Hawkins	Aug 26

STAFF ANNIVERSARIES

Shannon Pressley	2020
Jen Harrigan	2018
Jamie Bartlett	2009



Every Monday in August
9 AM - Noonish

Fresh Yogurt, Granola, & Fruit Bowls
- New Acai Bowls -



Start training now! Climb 2,071 steps in honor of those who fell at the World Trade Centers 25 years ago. Proceeds benefit the Fallen Firefighters Foundation.



REDZONE

SAUNA

RECOVER. RECHARGE. REDZONE.

DUAL-MODALITY TECH

Pairs infrared quartz heaters (holding a steady 100–130°F) with six strategically placed dual-wavelength red light panels (600–650 nm and 800–850 nm) targeting the face, chest, back, and legs.



INFRARED HEAT
100–130°F



RED LIGHT THERAPY
600–650 nm
800–850 nm



TARGETED COVERAGE
Face, Chest, Back & Legs



BOOST RECOVERY
Feel better, faster.



REDUCE SORENESS
Ease tension. Move better.



SUPPORT IMMUNITY
Strengthen your natural defenses.



ENHANCE WELL-BEING
Improve mood, sleep & focus.



EVENTS

Run for the Hills: Let's get a HUGE team together for the annual 5k race held in New Town Saturday, October 3rd. This event supports the local non-profit breast cancer organization, Here for the Girls. More to come...

Walk for ALZ: Put the annual walk for ALZ with the Iron-Bound Gym team on your schedule. It will once again be held in New Town on Saturday morning, October 31st. This is a one or three mile walk to help research and find a cure for ALZ. More details to come...