

Standing together against **Breast Cancer** and **Alzheimer's** **October 2026** **Iron-Bound Gym FITNESS**

ANNOUNCEMENTS

Towels are Leaving: After more than 5 years, it's time to say goodbye to our white cleaning towels. Don't worry—cleaning is still a huge priority for us! We're simply switching to disposable cleaning wipes. Grab a wipe from one of the dispensers and use it to clean your machine after each use. Please reuse each wipe when possible—one wipe can often clean more than one machine. Based on our research, this new method will not only be more cost-effective but also safer for our equipment. Thank you for helping us keep Iron-Bound Gym clean and our equipment in great shape!

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.



STAFF BIRTHDAYS

Candice Condon	Oct 1
Lia Bollinger	Oct 7

STAFF ANNIVERSARIES

Jennifer Flowers	2019
Cassidy Robertson	2024
Jon Hawkins	2025



We're coming together as an Iron-Bound Gym family to support a cause that touches so many lives.

Join our Iron-Bound Gym Walk for Alzheimer's team on Saturday, October 31st in New Town. It's a simple way to get moving, spend time with your IBG family, and make a difference for those living with Alzheimer's and their loved ones.

- 📅 Saturday, October 31st
- 📍 New Town, Williamsburg
- ✅ Visit act.alz.org to JOIN OR DONATE

Every step counts. Every person makes a difference as we fight to end this disease that affects so many. We'd love to have you walking alongside us! 💖



Every Monday in Oct.
9 AM - Noonish

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

NEW TOWN TUNES

FREE CONCERT SERIES

SULLIVAN SQUARE
IN NEW TOWN

WEDNESDAYS
SEPT. 9 - OCT. 14

5 - 8 p.m.

7
OCT.

CHANNEL 90
High-Energy 90's Tribute

THREE HOUR TON
Yacht Rock & Classic AM Gold

14
OCT.

U2TOPIA
Washington D.C. Based U2 Tribute

EVENTS

Join Our Christmas Town Dash Team: Get into the holiday spirit and join your fellow Iron-Bound Gym members for a fun day at Busch Gardens Sunday, December 6th! We'll be participating in the Christmas Town Dash, combining a little fitness, a lot of fun, and plenty of holiday cheer! Whether you're a seasoned runner or just looking for a fun way to spend the day with the IBG family, everyone is welcome.

- 🌲 Iron-Bound Gym Christmas Town Dash
- 📅 Sunday, December 6
- 📍 Busch Gardens Williamsburg

Come run, walk, cheer each other on, and enjoy Christmas Town together by joining our team at christmastowndash.com

Run for the Hills: Thank you to the numerous people who joined team Iron Bound Gym and donated to us. With more than \$2,500 raised, Scott is now bald as promised. Not only was this fundraiser fun to do, but the donations also support a wonderful local organization, Here for the Girls, which helps those locally affected by breast cancer.

9/11 Challenge Results: Thank you to all who took the challenge last month and climbed over 2,000 steps to commemorate those that fell in the World Trade Center attacks. With your hard work and donations plus the match from IBG, more than \$1,000 was donated to the Fallen Firefighters Foundation.

Why don't skeletons
go to the gym?



They don't have the guts.