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 *Instructors Rotate*	**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		**Chair Fitness** 10:45 AM Jennifer	
	Chair Fitness 1 PM Tina		**Chair Fitness** 1 PM Tina		**Gut n' Butt** 12:30 PM Tammy	

** 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 October 31, 2026

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		
	Cycling 5:30 PM Jeff	**Cycling** 5:30 PM Lynne	**Yoga Sculpt** 5:30 PM Lia	**Meet at the Barre** 5:30 PM (45 min.) Jamie/Melissa		
	P90X 5:30 PM Tabitha	**Meet at the Barre** 5:30 PM Jacquie	**Zumba** 6:30 PM Marcela	**Boot Camp** 5:30 PM Tabitha		
	Yin Yoga 5:30 PM Patricia	**Candlelight Yoga** 6:45 PM Allyson		**Cycling** 5:30 PM (35 min.) Lynne		
				Yin Yoga 6:30 PM Patricia		

Updated October 31, 2026

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**** 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