November 2026

Iron-Bound Gym Fitness

ANNOUNCEMENTS

New Equipment: We recently added a couple of things to enhance IBG. The new Glute Builder Step Up/Belt Squat is amazing. Make sure you check it out in the cable area. We also added adjustable ankle weights for use in the barre/yoga studio during various classes. Feel free to thank us after the new soreness you may experience :)

New Staff: Please welcome Jamie to the instructor crew. She will teach and substitute for both barre and yoga classes. Make sure you say hello.

No Shows For Classes: The number of people not showing up for scheduled classes is increasing once again. Please unregister 60 minutes prior to class in order to be fair to your fellow members. We do not wish to implement the $10 fee for no shows.

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.



EVENTS

Turkey Trot: It is the season for the Blue Talon Turkey Trot in Colonial Williamsburg. This yearly tradition takes place on Thanksgiving morning, and IBG is proud to sponsor it again in 2026. Use code IRONBOUND2026 to save 10% while supplies last. See you there...

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

Underwear Tree: Our famous underwear tree will be out this month supporting the Community of Faith Mission. This local non-profit utilizes churches in our area to house our homeless population during the winter months. Many do not think of the basics this population needs, but each year IBG comes through to help supply the underwear. Thank you for your donation.

STAFF BIRTHDAYS

Traci Fairheart	Nov 17
Lynn Combs	Nov 19
Candice Kehayes	Nov 24
Jojo McCandlish	Nov 28

STAFF ANNIVERSARIES

Lia Bollinger	2012
Hilary Deaver	2025



Every Monday in Nov.
9 AM - Noonish
Fresh Yogurt, Granola, & Fruit Bowls
- New Acai Bowls -



What do you call a turkey on the run?



Fast Food