

## 2023 SESSION

INTRODUCED

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### HOUSE JOINT RESOLUTION NO. 659

Offered February 10, 2023

*Commending Iron-Bound Gym.*

Patrons—Batten and Mullin; Senators: Mason and Norment

WHEREAS, for 40 years, Iron-Bound Gym has helped generations of Williamsburg residents maintain good health and achieve their physical fitness goals; and

WHEREAS, Iron-Bound Gym was founded by Warren Simon Crammer in 1983 with a mission to create opportunities for physical fitness and personal improvement while building a strong sense of community in the area; and

WHEREAS, Scott Grafton, who had been a member of Iron-Bound Gym during his college years in the 1990s, became the new owner of the gym in 2001 and has helped the business grow and expand; he oversaw the gym's relocation to New Town in 2006; and

WHEREAS, over the years, Iron-Bound Gym has witnessed numerous changes in the fitness industry and adapted to the evolving needs of its clients; and

WHEREAS, during the COVID-19 pandemic, Iron-Bound Gym continued to serve the community by offering remote classes over Facebook; the gym has since returned to in-person instruction and offers more than 70 in-person classes each week; and

WHEREAS, in addition to traditional options like weight training and cardio workouts, Iron-Bound Gym offers cycling programs with top-of-the-line technology, barre and yoga courses, and personal trainers; and

WHEREAS, Iron-Bound Gym has touched the lives of countless Williamsburg residents through its commitment to excellence and dedication to enhancing community wellness; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Iron-Bound Gym on the occasion of its 40th anniversary; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Scott Grafton, owner of Iron-Bound Gym, as an expression of the General Assembly's admiration for the gym's contributions to health and fitness in Williamsburg.

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