

# January



**WAREING'S GYM**

Since 1923

700 19th Street  
Virginia Beach, VA 23451

(757) 491-0700

[www.wareingsgym.com](http://www.wareingsgym.com)

**THE GYM  
FOR  
EVERY BODY**



## HOURS:

**MONDAY - THURSDAY**

6:00 am - 9:00 pm

**FRIDAY**

6:00 am - 8:00 pm

**SATURDAY**

8:00 am - 6:00 pm

**SUNDAY**

9:00 am - 4:00 pm

## CHILD CARE HOURS:

**MONDAY - FRIDAY**

8:00 am - 1:15 pm & 4:00 pm - 8:00 pm

**SATURDAY**

8:00 am - 12:00 pm

**SUNDAY**

9:00 am - 12:00 pm

CALL EXT. 26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>HAPPY NEW YEAR</b></p> <p><b>Gym Closed!</b></p>	<p>6:15 FIT MOVES ~ Meas 8:00 PILATES ~ Teresa 8:30 TABATA TNT ~ Teri 9:30 SPIN CIRCUIT ~ Dina 9:30 ZEN YOGA ~ Adam 10:30 TOP of the MTN ~ Adam 12:15 HOT VINYASA ~ Jen Harr. 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Jenae 5:30 TOTAL BODY ~ Ben 5:45 STRETCH ~ Dr. Karen 6:30 YOGA FLOW ~ Dr. Karen 6:40 PUMPIN'IRON ~ Kathleen</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Kim R. 6:30 YOGA ZEN ~ Adam 8:30 30/30 ~ Elizabeth 9:30 40/20 BURN ~ Kim S 9:30 T&amp;R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Donna F 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Dr. Karen 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B</p>	<p>6:00 TABATA TNT ~ Kim R 6:15 BARKAN YOGA ~ Amy B 8:30 BEACH BODY ~ Teri 9:00 STRETCH ~ Awatif 9:30 KWIK SPIN + ~ Elizabeth 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Ben 12:15 HOT VINYASA ~ Awatif 4:30 KWIK SPIN + ~ Kristin 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 X-SPIN ~ Dina 6:30 ZEN YOGA ~ Adam</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Dina 6:30 ZEN YOGA ~ Adam 8:00 PILATES ~ Teresa 8:30 FIT MOVES 30 ~ Jake 9:00 KWIK CORE 30 ~ Elizabeth 9:30 STEP INT ~ Elizabeth 9:30 LEVEL 1(+ ) YOGA ~ Nancy 12:15 SPIN CIRCUIT ~ Teri 4:30 TABATA TNT ~ Teri 5:30 SURVIVOR ~ Ben 5:30 PILATES ~ Jennifer 6:45 FAMILY FIT NIGHT ~ Jesse</p>	<p>6:00 ALL AROUND ~ Chris ATHLETE ~ Elizabeth 8:30 PUMP'N'IRON ~ Elizabeth 8:30 LEVEL 1 YOGA ~ Cecelia 9:30 TABATA TNT ~ Dina 10:00 ZUMBA ~ Tessa 12:15 HOT YOGA ~ Mary 12:15 FIT MOVES 30 ~ Jake 4:30 YOGA FLOW ~ Liz B 4:30 TGIF 30 ~ Brooks 5:00 KWIK CORE 30 ~ Brooks 5:30 SPIN CIRCUIT ~ Kathleen</p>	<p>6:00 TT YOGA ~ Adam 8:00 FMP ~ Donna M 8:00 KWIK SPIN 45 ~ Kathi 9:00 ZEN YOGA ~ Adam 9:00 SAT SLAM 60 ~ Donna F 10:00 LEVEL 1 YOGA ~ Cecelia 10:30 FIT MOVES ~ Teri 11:15 PILATES ~ Jennifer</p>
<p>6:00 TT YOGA ~ Adam 9:00 SUNDAY SURPRISE ~ Kathleen 9:30 WARM FLOW (75 min) ~ Marv 10:00 SPIN ~ Rob 11:00 PUMPIN' IRON ~ Elaine</p>	<p>6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 TABATA TNT ~ Teri 9:30 SPIN CIRCUIT ~ Kim S 9:30 ZEN YOGA ~ Adam 10:30 TOP of the MTN ~ Adam 12:15 HOT VINYASA ~ Jen Helaren 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Donna F 5:30 TOTAL BODY ~ Jake 5:45 STRETCH ~ Kim S 6:30 YOGA FLOW ~ Dr. Karen 6:40 PUMPIN'IRON ~ Dina</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Rob 6:30 YOGA ZEN ~ Adam 8:30 30/30 ~ Elizabeth 9:30 40/20 BURN ~ Dina 9:30 T&amp;R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Jenae 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Jen Helaren 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B</p>	<p>6:00 TABATA TNT ~ Meas 6:15 BARKAN YOGA ~ Amy B 8:30 BEACH BODY ~ Teri 9:00 STRETCH ~ Kim S 9:30 KWIK SPIN + ~ Elizabeth 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Ben 12:15 HOT VINYASA ~ Awatif 4:30 KWIK SPIN + ~ Kristin 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 X-SPIN ~ Brooks 6:30 ZEN YOGA ~ Adam</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Parker 6:30 ZEN YOGA ~ Adam 8:00 PILATES ~ Teresa 8:30 FIT MOVES 30 ~ Jesse 9:00 KWIK CORE 30 ~ Elizabeth 9:30 STEP INT ~ Elizabeth 9:30 LEVEL 1(+ ) YOGA ~ Nancy 12:15 SPIN CIRCUIT ~ Teri 4:30 TABATA TNT ~ Teri 5:30 SURVIVOR ~ Jake 5:30 PILATES ~ Jennifer 6:45 HOT YOGA ~ Dr. Karen</p>	<p>6:00 ALL AROUND ~ Chris ATHLETE ~ Kristin 8:30 PUMP'N'IRON ~ Kristin 8:30 LEVEL 1 YOGA ~ Awatif 9:30 TABATA TNT ~ Kim S 10:00 ZUMBA ~ Tessa 12:15 HOT YOGA ~ Awatif 12:15 FIT MOVES 30 ~ Ben 4:30 YOGA FLOW ~ Liz B 4:30 TGIF 30 ~ Dina 5:00 KWIK CORE 30 ~ Brooks 5:30 SPIN CIRCUIT ~ Brooks</p>	<p>6:00 TT YOGA ~ Adam 8:00 FMP ~ Jenae 8:00 KWIK SPIN 45 ~ Rob 9:00 ZEN YOGA ~ Adam 9:00 SAT SLAM 60 ~ Kristin 10:00 LEVEL 1 YOGA ~ Sandy 10:30 FIT MOVES ~ Dina 11:15 PILATES ~ Jennifer</p>
<p>6:00 TT YOGA ~ Adam 9:00 SUNDAY SURPRISE ~ Donna F 9:30 WARM FLOW (75 min) ~ Marv 10:00 SPIN ~ Jenae 11:00 PUMPIN' IRON ~ Brooks</p>	<p>6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 TABATA TNT ~ Teri 9:30 SPIN CIRCUIT ~ Kathleen 9:30 ZEN YOGA ~ Adam 10:30 TOP of the MTN ~ Adam 12:15 HOT VINYASA ~ Awatif 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Betsy 5:30 TOTAL BODY ~ Ben 5:45 STRETCH ~ Kathi 6:30 YOGA FLOW ~ Helen 6:40 PUMPIN'IRON ~ Dina</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Parker 6:30 YOGA ZEN ~ Adam 8:30 30/30 ~ Elizabeth 9:30 40/20 BURN ~ Kim 9:30 T&amp;R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Donna F 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Jen Helaren 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B 6:45 FAMILY FIT NIGHT ~ Jesse</p>	<p>6:00 TABATA TNT ~ Kim R 6:15 BARKAN YOGA ~ Amy B 8:30 BEACH BODY ~ Elizabeth 9:00 STRETCH ~ Awatif 9:30 KWIK SPIN + ~ Kim S 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Jake 12:15 HOT VINYASA ~ Helen 4:30 KWIK SPIN + ~ Jenae 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 X-SPIN ~ Kristin 6:30 ZEN YOGA ~ Adam</p>	<p>6:00 MEDITATION ~ Adam 6:00 SPIN ~ Kristin 6:30 ZEN YOGA ~ Adam 8:00 PILATES ~ Teresa 8:30 FIT MOVES 30 ~ Jake 9:00 KWIK CORE 30 ~ Elizabeth 9:30 STEP INT ~ Elizabeth 9:30 LEVEL 1(+ ) YOGA ~ Nancy 12:15 SPIN CIRCUIT ~ Teri 4:30 TABATA TNT ~ Teri 5:30 SURVIVOR ~ Ben 5:30 PILATES ~ Jennifer 6:45 HOT YOGA ~ Helen</p>	<p>6:00 ALL AROUND ~ Chris ATHLETE ~ Elizabeth 8:30 PUMP'N'IRON ~ Staff 8:30 LEVEL 1 YOGA ~ Awatif 9:30 TABATA TNT ~ Kim S 10:00 ZUMBA ~ Tessa 12:15 HOT YOGA ~ Jen Helaren 12:15 FIT MOVES 30 ~ Jake 4:30 YOGA FLOW ~ Liz B 4:30 TGIF 30 ~ Brooks 5:00 KWIK CORE 30 ~ Brooks 5:30 SPIN CIRCUIT ~ Kathleen</p>	<p>6:00 TT YOGA ~ Adam 8:00 FMP ~ Brooks 8:00 KWIK SPIN 45 ~ Dina 9:00 ZEN YOGA ~ Adam 9:00 SAT SLAM 60 ~ Donna F 10:00 LEVEL 1 YOGA ~ Dr. Karen 10:30 FIT MOVES ~ Teri 11:15 PILATES ~ Jennifer</p>
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