

# April



## 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
<b><u>Palm Sunday</u></b> 1 <b><u>April Fools Day</u></b> 6:00 TT YOGA ~ Adam 9:00 SUNDAY SURPRISE ~ Kim R 9:30 WARM FLOW (75 min) ~ Marv 10:00 SPIN ~ Bonnie 11:00 PUMPIN' IRON ~ Jenae	2 6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 BELLS & BENCH ~ Brooks 9:30 SPIN CIRCUIT ~ Teri 9:30 ZEN YOGA ~ Adam 10:30 TOP of the MTN ~ Adam 12:15 HOT VINYASA ~ Helen 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Donna F 5:30 TOTAL BODY ~ Jake 5:45 STRETCH ~ Kathi 6:30 YOGA FLOW ~ Gail 6:40 PUMPIN'IRON ~ Kathleen	3 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Parker 6:30 YOGA ZEN ~ Adam 8:30 TABATA TNT ~ Elizabeth 9:30 PUMPIN IRON ~ Brooks 9:30 T&R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Jenae 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Gail 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B.	4 6:00 TABATA TNT ~ Meas 6:15 BARKAN YOGA ~ Amy B 8:30 KWIK SPIN + ~ Elizabeth 9:00 STRETCH ~ Kim S 9:30 HIT ~ Brooks 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Ben 12:15 HOT VINYASA ~ Helen 4:30 KWIK SPIN + ~ Donna F 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 SPIN CIRCUIT ~ Kathi 6:30 ZEN YOGA ~ Adam	5 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Dina 6:30 ZEN YOGA ~ Adam 8:30 ZUMBA ~ Joanne 8:30 FIT MOVES 30 ~ Ben 9:00 30/30/30 ~ Brooks 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 ~ Sandra H.	6 6:00 ALL AROUND ATHLETE ~ Chris 8:30 PUMP'N'IRON ~ Brooks 8:30 LEVEL 1 YOGA ~ Cecelia 9:30 TABATA TNT ~ Staff 10:00 ZUMBA ~ Tessa 12:15 HOT YOGA ~ Mary G 12:15 FIT MOVES 30 ~ Ben 4:30 YOGA FLOW ~ Liz B 4:30 30/30 ~ Donna M 5:30 SPIN CIRCUIT ~ Kathleen	7 8:00 KWIK SPIN 45 ~ Bonnie 8:15 FIT MOVES ~ Brooks 9:00 30/30 ~ Jenae 9:00 ZEN YOGA ~ Staff 10:00 LEVEL 1 YOGA ~ Cecelia 10:15 FIT MOVES 30 ~ Max 11:15 PILATES ~ Jennifer 12:15 ZUMBA ~ Anisia
<b><u>Easter Sunday</u></b> 8  <b>Gym Closed!</b>	9 6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 BELLS & BENCH ~ Kathleen 9:30 SPIN CIRCUIT ~ Kathi 9:30 ZEN YOGA ~ Dee 10:30 TOP of the MTN ~ Dee 12:15 HOT VINYASA ~ Amy B 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Brooks 5:30 TOTAL BODY ~ Ben 5:45 STRETCH ~ Gail 6:30 YOGA FLOW ~ Gail 6:40 PUMPIN'IRON ~ Jenae	10 6:00 MEDITATION ~ Dee 6:00 SPIN ~ Kathi 6:30 YOGA ZEN ~ Dee 8:30 TABATA TNT ~ Kathleen 9:30 PUMPIN IRON ~ Betsy 9:30 T&R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Jenae 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Nicole 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B.	11 6:00 TABATA TNT ~ Kim R 6:15 BARKAN YOGA ~ Amy B 8:30 KWIK SPIN + ~ Kathi 9:00 STRETCH ~ Nicole 9:30 HIT ~ Kathleen 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Jake 12:15 HOT VINYASA ~ Awatif 4:30 KWIK SPIN + ~ Jenae 5:30 ZUMBA ~ Anisia 5:45 FIT MOVES ~ Max 6:30 SPIN CIRCUIT ~ Dina 6:30 ZEN YOGA ~ Staff	12 6:00 MEDITATION ~ Staff 6:00 SPIN ~ Rob 6:30 ZEN YOGA ~ Staff 8:30 ZUMBA ~ Joanne 8:30 FIT MOVES 30 ~ Jake 9:00 30/30/30 ~ Kathleen 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 ~ Nicole	13 6:00 ALL AROUND ATHLETE ~ Chris 8:30 PUMP'N'IRON ~ Betsy 8:30 LEVEL 1 YOGA ~ Sandy 9:30 TABATA TNT ~ Kim S 10:00 ZUMBA ~ Tessa 12:15 HOT YOGA ~ Awatif 12:15 FIT MOVES 30 ~ Jake 4:30 YOGA FLOW ~ Liz B 4:30 30/30 ~ Jenae 5:30 SPIN CIRCUIT ~ Dina	14 6:00 TT YOGA ~ Huy 8:00 KWIK SPIN 45 ~ Rob 8:15 FIT MOVES ~ Kathleen 9:00 30/30 ~ Kim S 9:00 ZEN YOGA ~ Huy 10:00 LEVEL 1 YOGA ~ Nicole 10:15 FIT MOVES 30 ~ Max 11:15 PILATES ~ Jennifer 12:15 ZUMBA ~ Anisia
15 6:00 TT YOGA ~ Adam 9:00 SUNDAY SURPRISE ~ Kim S 9:30 WARM FLOW (75 min) ~ Marv 10:00 SPIN ~ Kathleen 11:00 PUMPIN' IRON ~ Donna M	16 6:15 FIT MOVES ~ Meas 8:00 PILATES ~ Teresa 8:30 BELLS & BENCH ~ Elizabeth 9:30 SPIN CIRCUIT ~ Teri 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 ~ Jenae 5:30 TOTAL BODY ~ Jake 5:45 STRETCH ~ Kathi 6:30 YOGA FLOW ~ Gail 6:40 PUMPIN'IRON ~ Kathleen	<b><u>Tax Day</u></b> 17 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Rob 6:30 YOGA ZEN ~ Adam 8:30 TABATA TNT ~ Elizabeth 9:30 PUMPIN IRON ~ Kim S 9:30 T&R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Donna F 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Bizzzy 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B.	18 6:00 TABATA TNT ~ Kim R 6:15 BARKAN YOGA ~ Amy B 8:30 KWIK SPIN + ~ Dina 9:00 STRETCH ~ Awatif 9:30 HIT ~ Kim S 10:00 ZUMBA ~ Ben 10:30 TOTAL BODY ~ Ben 12:15 HOT VINYASA ~ Helen 4:30 KWIK SPIN + ~ Brooks 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 SPIN CIRCUIT ~ Kristin 6:30 ZEN YOGA ~ Adam	19 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Parker 6:30 ZEN YOGA ~ Adam 8:30 ZUMBA ~ Joanne 8:30 FIT MOVES 30 ~ Ben 9:00 30/30/30 ~ Betsv 9:30 LEVEL 1(+ ) YOGA ~ Nancy 12:15 SPIN CIRCUIT ~ Teri 4:30 TABATA TNT ~ Dina 5:30 SURVIVOR ~ Jake 5:30 PILATES ~ Jennifer 6:45 HOT YOGA ~ Helen	20 6:00 ALL AROUND ATHLETE ~ Chris 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 ~ Marv 12:15 FIT MOVES 30 ~ Ben 4:30 YOGA FLOW ~ Liz B 4:30 30/30 ~ Kathleen 5:30 SPIN CIRCUIT ~ Kristin	21 6:00 TT YOGA ~ Adam 8:00 KWIK SPIN 45 ~ Kathleen 8:15 FIT MOVES ~ Kim S 9:00 30/30 ~ Kim R 9:00 ZEN YOGA ~ Adam 10:00 LEVEL 1 YOGA ~ Sandy B 10:15 FIT MOVES 30 ~ Max 11:15 PILATES ~ Jennifer 12:15 ZUMBA ~ Tessa, Gail, Vondra...
<b><u>Earth Day</u></b> 22  6:00 TT YOGA ~ Huy 9:00 SUNDAY SURPRISE ~ Meas 9:30 WARM FLOW (75 min) ~ Bizzzy 10:00 SPIN ~ Rob 11:00 PUMPIN' IRON ~ Elaine	23 6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 BELLS & BENCH ~ Joanne 9:30 SPIN CIRCUIT ~ Kim S 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 ~ Kristin 5:30 TOTAL BODY ~ Ben 5:45 STRETCH ~ Kathi 6:30 YOGA FLOW ~ Helen 6:40 PUMPIN'IRON ~ Kristin	24 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Parker 6:30 YOGA ZEN ~ Adam 8:30 TABATA TNT ~ Dina 9:30 PUMPIN IRON ~ Kim S 9:30 T&R YOGA ~ Becky 12:15 SPIN CIRCUIT ~ Teri 4:30 PUMPIN IRON ~ Donna F 5:30 SPIN CIRCUIT ~ Teri 5:30 YOGA FLOW ~ Bob 6:00 RACE TRAINING ~ Donna K 6:45 HOT YOGA ~ Liz B. 6:45 FAMILY FIT NIGHT ~ Jesse	25 6:00 TABATA TNT ~ Kim R 6:15 BARKAN YOGA ~ Amy B 8:30 KWIK SPIN + ~ Elizabeth 9:00 STRETCH ~ Cecelia 9:30 HIT ~ Kim S 10:00 ZUMBA ~ Tessa 10:30 TOTAL BODY ~ Jake 12:15 HOT VINYASA ~ Helen 4:30 KWIK SPIN + ~ Brooks 5:30 ZUMBA ~ Lori 5:45 FIT MOVES ~ Max 6:30 SPIN CIRCUIT ~ Kristin 6:30 ZEN YOGA ~ Adam	26 6:00 MEDITATION ~ Adam 6:00 SPIN ~ Kim R 6:30 ZEN YOGA ~ Adam 8:30 ZUMBA ~ Joanne 8:30 FIT MOVES 30 ~ Jake 9:00 30/30/30 ~ 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 ~ Sandra H	27 6:00 ALL AROUND ATHLETE ~ Chris 8:30 PUMP'N'IRON ~ Elizabeth 8:30 LEVEL 1 YOGA ~ Donna M 9:30 TABATA TNT ~ Kim S 10:00 ZUMBA ~ Deb 12:15 HOT YOGA ~ Mary 12:15 FIT MOVES 30 ~ Jake 4:30 YOGA FLOW ~ Liz B 4:30 30/30 ~ Kristin 5:30 SPIN CIRCUIT ~ Brooks	28 6:00 TT YOGA ~ Adam 8:00 KWIK SPIN 45 ~ Kim S 8:15 FIT MOVES ~ Kathleen 9:00 30/30 ~ Kristin 9:00 ZEN YOGA ~ Adam 10:00 LEVEL 1 YOGA ~ Cecelia 10:15 FIT MOVES 30 ~ Max 11:15 PILATES ~ Jennifer 12:15 ZUMBA ~ Anisia
29 6:00 TT YOGA ~ Adam 9:00 SUNDAY SURPRISE ~ Kim R 9:30 WARM FLOW (75 min) ~ Marv 10:00 SPIN ~ Rob 11:00 PUMPIN' IRON ~ Staff	30 6:15 FIT MOVES ~ Kim R 8:00 PILATES ~ Teresa 8:30 BELLS & BENCH ~ Elizabeth 9:30 SPIN CIRCUIT ~ Teri 9:30 ZEN YOGA ~ Adam 10:30 TOP of the MTN ~ Adam 12:15 HOT VINYASA ~ Amy B 12:15 FIT MOVES ~ Jesse 4:30 STEP INT ~ Donna F 5:30 TOTAL BODY ~ Jake 5:45 STRETCH ~ Kathi 6:30 YOGA FLOW ~ Gail 6:40 PUMPIN'IRON ~ Brooks			<b>Schedule Changes and Improvements</b> → Saturday at 9:00 am - 30/30 → Saturday at 12:15 am - Zumba → Saturday at 8:15 am and 10:15 am 2 Fit Moves Classes		