

A photograph of a person from the back, showing their blonde hair and a red t-shirt. The t-shirt has the text "YOUR MOVE IS BEHIND YOU." printed on it in large, bold, black capital letters. The person is also wearing blue athletic shorts.

**YOUR
MOVE
IS BEHIND
YOU.**

NOW, GET MOVING ON THAT BEHIND.



Where the Beach Gets Fit.

OCTOBER CLASS SCHEDULE

[illegible]

700 19th Street (corner of 19th St. & Cypress Ave.), Virginia Beach, VA 23451 / 757-491-0700 / www.wareingsgym.com
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 - 1:00 pm & 4:00 pm - 8:00 pm / Saturday: 8:00 am - 12:00 pm / Sunday: 9:00 am - 12:00 pm

New address. New friends. New you?

Moving to Virginia Beach means
a brand-new start. What better place
to start working on you than at
the beach's best gym — Wareing's Gym.

And here's an added incentive —
the Wareing's "Welcome To The Beach"
introductory offer! Sign up now.

We'll pay your joining fee!*

It's how we say "Howdy, neighbor."

Our two-story, 20,000-foot facility packs in
more than 80 fitness classes a week,
10+ certified, personal trainers and
nutritionists on staff, Pilates, spin,
free weights, a café, free childcare
and 14+ Yoga classes.

And it's all part of your new membership.

Work out. Get fit.

Meet your new neighbors.

Now that ought to get you moving.

**CHECK OUT
THIS MONTH'S SCHEDULE OF CLASSES
ON THE BACK OF THIS FLYER.**

**New memberships only*