

## 2020 SESSION

ENROLLED

### SENATE JOINT RESOLUTION NO. 192

*Commending Wareings Gym.*

Agreed to by the Senate, March 2, 2020  
Agreed to by the House of Delegates, March 3, 2020

WHEREAS, for 60 years, Wareings Gym has promoted good health and physical fitness while striving to build a strong sense of community in Virginia Beach; and

WHEREAS, Wareings Gym traces its heritage to New York City in the 1920s, when Bill Wareing, Sr., who set a world record for the 127-pound single arm dumbbell press, began coaching physical fitness training sessions; and

WHEREAS, in 1960, Bill Wareing's son, John, opened Wareings Gym on Laskins Road in Virginia Beach and touched thousands of lives over the course of his long career; and

WHEREAS, as a veteran, a law-enforcement officer, a television personality, and a comedian, John Wareing was a driving force in the fitness movement who united people from all walks of life in the common pursuit of health and wellness at Wareings Gym through his unique personality; and

WHEREAS, as John Wareing's sons took a more active role in Wareings Gym, they not only expanded the range of training experiences but also refocused the gym's mission to address modern health epidemics like childhood obesity, heart disease, and the effects of sedentary lifestyles; and

WHEREAS, throughout its history, Wareings Gym has endured changes in the fitness industry by placing the needs and goals of its members above fads and trends in equipment and programming; and

WHEREAS, the talented coaches and staff members of Wareings Gym work diligently to create a culture of success and a supportive environment where people are free to feel better about themselves; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby commend Wareings Gym on the occasion of its 60th anniversary; and, be it

RESOLVED FURTHER, That the Clerk of the Senate prepare a copy of this resolution for presentation to Wareings Gym as an expression of the General Assembly's admiration for the gym's contributions to health and wellness in the Virginia Beach community.

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