

# Getty

## GROUP FITNESS

# CLASS SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                                    |
|---|---|---|---|---|
| <p><b>Note:</b> All Fitness Center <u>Members must register</u> for In person or Virtual classes listed on Club Automation at least 15 min prior to class start. For Virtual Classes, Zoom hyperlinks are added for your convenience.</p> <p><b>*Quarterly and Popup Classes:</b> Days and times for Pop up classes and Quarterly Guided Meditations are posted in Slack #Gettyfitnesscenter and Club Automation. Stay tuned!</p> |   |   | <p><b>GROUP STRETCH BREAKS AT YOUR OFFICE (AVAILABLE UPON REQUEST)</b></p> <p><b>PING PONG/ OPEN STUDIO AVAILABLE WHEN NO CLASS IS IN SESSION</b></p> | <p>SCHEDULE EFFECTIVE:<br/>April 2026</p> |
|   |   | <p><u>7:10 AM</u><br/>CONSCIOUS<br/>BODY YOGA</p> | <p><u>12:15PM</u><br/>WALK TO<br/>WELLNESS</p>  |   |
| <p><u>12:30 pm</u><br/>ART OF STRETCH</p>   | <p><u>12:20PM</u><br/>FULL BODY<br/>BLAST</p>     | <p><u>12:30PM</u><br/>ABS BLAST</p>               | <p><u>12:20PM</u><br/>FULL BODY<br/>BLAST</p>   | <p><u>12:30PM</u><br/>ART OF STRETCH</p>  |
| <p><u>5:30PM</u><br/>GETTY LIFT UPPER<br/>BODY/CORE</p>   | <p><u>5:30PM</u><br/>GETTY LIFT<br/>LEGS/CORE</p> |   | <p><u>5:30PM</u><br/>CONSCIOUS<br/>BODY YOGA</p>  |   |

QUESTIONS?

EMAIL US AT [FITNESSCENTER@GETTY.EDU](mailto:FITNESSCENTER@GETTY.EDU)

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## CLASS DESCRIPTION

### WALK TO WELLNESS

In person Only: Set out on an approximately 1.75-mile, 45 min. outdoor journey (walk) around the Getty campus (including hills and stairs)

### ART OF STRETCH

Hybrid: 30 Min.- Combination of dynamic and static stretching, postural alignment, foam rolling, and relaxation/ Breathing techniques

### GETTY LIFT

Hybrid: 40-Min. Strength training split with focus on form and supporting core and balance training.

- All levels welcome
- Utilize bands, dumbbells, TRX and kettlebells

### FULL BODY /ABS BLAST

Hybrid: Fast-paced 40 & 30- Min. Sessions of resistance-training intervals interspersed with cardio intervals!

- For medium to advanced level exercisers.
- Utilize bands, dumbbells, TRX, and kettlebells

### CONSCIOUS BODY YOGA

This is an all level 50 minute Hatha yoga class. Warm up with this full body flow and end the class with a calmer body and mind. The last Thursday of the month is a Yin Yoga practice. Price is \$15/class. paid in advance through Club Automation. Namaste.

### OPEN STUDIO

Challenge a colleague to a game of ping pong, or set up your personal device on the Studio TV and take a class on WELLBEATS. Available any time studio is not in use for a scheduled class.

### STRETCH BREAKS

Email the fitness center to schedule a 10 minute stretch break delivered at your office or meeting for groups of 5 or more.

### GUIDED MEDITATIONS

Join us in person or virtually for Quarterly guided meditations. Each meditation will have a different focus and subject. Keep up to date on days and on times on Slack.