

# Getty GROUP FITNESS CLASS SCHEDULE

MON	TUES	WED	THURS	FRI
<p><b>Note:</b> All Fitness Center Members must register for In person or Virtual classes listed on <a href="#">Club Automation</a> at least 15 min prior to class start. For Virtual Classes, Zoom hyperlinks are added for your convenience.</p> <p>Join us in person or virtually for our MONTHLY GUIDED MEDITATIONS. Days and times may vary. Stay tuned!</p>			<p><b>STRETCH BREAK (AVAILABLE UPON REQUEST)</b></p> <p><b>PING PONG/ OPEN STUDIO AVAILABLE</b></p>	<p>SCHEDULE EFFECTIVE: 9/9/2024</p>
			<p><u>12:15PM</u> WALK TO WELLNESS</p>	
<p><u>12:30 PM</u> ART OF STRETCH</p>	<p><u>12:20PM</u> FULL BODY BLAST</p>	<p><u>12:30PM</u> ABS BLAST</p>	<p><u>12:20PM</u> FULL BODY BLAST</p>	<p><u>12:30PM</u> ART OF STRETCH</p>
<p><u>5:30PM</u> GETTY LIFT UPPER BODY/CORE</p>	<p><u>5:30PM</u> GETTY LIFT LEGS/CORE</p>		<p><u>5:30PM</u> CONSCIOUS BODY YOGA</p>	

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

# GROUP FITNESS 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 60 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 our monthly guided meditations. Each meditation will have a different focus and subject. Keep up to date on days and on times on Slack.