

Getty

GROUP FITNESS

CLASS SCHEDULE

Limited September 2026 edition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note: All fitness center <u>members</u> must <u>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. *Quarterly and Popup Classes: Days and times for popup classes and quarterly guided meditations are posted in Slack #Gettyfitnesscenter. Stay tuned!		7:10 AM CONSCIOUS BODY YOGA	GROUP STRETCH BREAKS AT YOUR OFFICE (AVAILABLE UPON REQUEST) PING PONG/ OPEN STUDIO AVAILABLE WHEN NO CLASS IS IN SESSION	SCHEDULE EFFECTIVE: September 1st- 30th 2026
		12:00 PM EXPRESS VINYASA FLOW LIMITED TIME CLASS TRIAL	12:15 PM WALK TO WELLNESS	
12:30 PM ART OF STRETCH	12:20 PM FULL BODY BLAST	12:30 PM ABS BLAST	12:20PM FULL BODY BLAST	12:30 PM ART OF STRETCH
5:30 PM GETTY LIFT UPPER BODY/CORE	5:30 PM GETTY LIFT LEGS/CORE		5:30 PM CONSCIOUS BODY YOGA	

QUESTIONS?

EMAIL US AT 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 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. In celebration of yoga awareness month, all yoga classes in September are **free**. Starting Oct 1st \$15/class. paid in advance through Club Automation. Namaste.

EXPRESS VINYASA FLOW

This is an all level, 30 minute vinyasa yoga flow. Warm up with this full body flow and join for abs blast circuit right after.

In celebration of yoga awareness month, all yoga classes in September are **free**.

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.

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.