

Getty

GROUP FITNESS

CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|-------------------------------------|---|--|
| <p>Note: All Fitness Center Members must register for In person or Virtual classes listed on Club Automation at least 15 min prior to class start.</p> <p>For Virtual Classes, Zoom hyperlinks are added for your convenience.</p> <p>Join us in person or virtually for our Quarterly GUIDED MEDITATIONS. Days and times posted in slack and club Auto. Stay tuned!</p> | | | <p>STRETCH BREAK (AVAILABLE UPON REQUEST)</p> <p>PING PONG/ OPEN STUDIO AVAILABLE</p> | <p>SCHEDULE EFFECTIVE: 2/26/2025</p> |
| | | | <p>12:15PM 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>TEMPORARILY</u> <u>3:00PM</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

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 Quarterly guided meditations. Each meditation will have a different focus and subject. Keep up to date on days and on times on Slack.