

# Getty GROUP FITNESS CLASS SCHEDULE

MON	TUES	WED	THURS	FRI
<p>Note: 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.</p> <p>For Virtual Classes, Zoom hyperlinks are added for your convenience.</p>		<p><u>7AM</u> <u>CONSCIOUS</u> <u>BODY</u> <u>YOGA</u></p>	<p>STRETCH BREAK (AVAILABLE UPON REQUEST)</p> <p>PING PONG/ OPEN STUDIO AVAILABLE</p>	<p>SCHEDULE EFFECTIVE: 12/1/2023</p>
<p><u>12:30 PM</u> <u>ART OF</u> <u>STRETCH</u></p>	<p><u>12:20PM</u> <u>FULL BODY</u> <u>BLAST</u></p>		<p><u>12:20PM</u> <u>FULL BODY</u> <u>BLAST</u></p>	
		<p><u>12:30PM</u> WALK TO WELLNESS</p>	<p><u>12:15PM</u> WALK TO WELLNESS</p>	<p><u>12:30PM</u> <u>ART OF</u> <u>STRETCH</u></p>
<p><u>5:30PM</u> <u>GETTY LIFT</u> <u>UPPER</u> <u>BODY/CORE</u></p>	<p><u>5:30PM</u> <u>GETTY LIFT</u> <u>LEGS/CORE</u></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 BLAST

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

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

## CONSCIOUS BODY YOGA

This 60 minute Vinyasa Blend is open to All Levels. To attain proper alignment in each pose, options and modifications are offered to make the poses work for you.

This class will begin with warming the body with full range of motion, flow style. The latter half will focus on slowing the body and mind down - allowing for longer and more lengthening poses.

PRICE IS \$12/CLASS.  
And 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.