

The Getty Fitness Center



Empowered Balance



January 27 - March 3, 2021

Join us for this six-week blended Wellbeats/Fitness Center challenge with:

- Wellbeats-based fitness classes targeting balanced body composition
- Motivation/stress management/healthy habit building tips and tricks
- Wellbeats nutrition lessons and healthy recipes/cooking demos
- Connect and consult with Lisa and Karl

Contact the Fitness Center to sign up or for any questions
FitnessCenter@Getty.edu

