## **Vellbeats**

## Improve Your Core Strength! Nov 16 - Dec 14

Join us for this four week Wellbeats challenge!

Target your core with classes that challenge your stability, strength and endurance.

Each week follows the same pattern, but with new and different classes.

Are you ready for the challenge?

Contact the Fitness Center to sign up or for any questions.

FitnessCenter@Getty.edu

