



SQUATOBER

OCTOBER 12TH-30TH

LOOKING FOR A
TERRIFYINGLY FUN FITNESS
CHALLENGE? WE HAVE ONE
JUST FOR YOU!





**FOR THIS CHALLENGE, WE
WILL BE SENDING YOU
THREE WORKOUTS A WEEK
THAT HAVE A SCARY
FOCUS ON SQUATS!**

**THINK YOU'RE READY FOR
THIS SPOOKY TREAT? JOIN
BY EMAILING US,
FITNESSCENTER@GETTY.EDU**

