

# Getty Fitness Center Virtual Class Schedule

Effective 2/22/2021. Classes are FREE unless indicated in class description. For more info, please contact us at [FitnessCenter@Getty.edu](mailto:FitnessCenter@Getty.edu).

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>10:10-10:25 AM "Express Stretch and Refresh"</b> Give yourself a break from the computer and join us for this quick movement + stretch session! <a href="https://getty.zoom.us/j/95984386177">https://getty.zoom.us/j/95984386177</a></p>	<p><b>6:30-7:15 AM "Rise and Flex"</b> Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight! <a href="https://getty.zoom.us/j/93318533871">https://getty.zoom.us/j/93318533871</a></p> <p><b>11:00-11:45 AM "Cardio Combo" with Burt Bulos"</b> Trouble getting your heart rate up indoors? Join us for 45 min. of calorie burning Cardio-Kickboxing! *First timers are free. Subsequent classes \$8 per or 5 classes for \$30. Zelle payments to burtbulos@gmail.com. <a href="https://getty.zoom.us/j/618558237">https://getty.zoom.us/j/618558237</a></p>	<p><b>Important!!</b> <b>All zoom classes require a passcode!</b> <b>Please enter the passcode "GettyFit" for access.</b> <b>Password is case sensitive.</b></p>	<p><b>6:30-7:15 AM "Rise and Flex"</b> Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight! <a href="https://getty.zoom.us/j/93318533871">https://getty.zoom.us/j/93318533871</a></p>	
<b>Afternoon</b>	<p><b>12:30-1:15 PM "We Will Survive This"</b> Join us for this 45 minute high intensity resistance training circuit! Bring your resistance bands, weights, gym bags filled with books, or just bring your body (for bodyweight exercise). <a href="https://getty.zoom.us/j/274672772">https://getty.zoom.us/j/274672772</a></p>	<p><b>12:30-1:15 PM "Align the Spine"</b> Spine/hip mobility, lower-back and upper-body stress release. Floor work: have a mat or towel handy to lie on. Also, if you have a foam roll or a rolled-up towel or pillow, that would be helpful. Contact Lisa for suggestions for what type of foam roll to use. <a href="https://getty.zoom.us/j/422947895">https://getty.zoom.us/j/422947895</a></p>	<p><b>12:30-1:15 PM "We Will Survive This"</b> Join us for this 45 minute high intensity resistance training circuit! Bring your resistance bands, weights, gym bags filled with books, or just bring your body (for bodyweight exercise). <a href="https://getty.zoom.us/j/274672772">https://getty.zoom.us/j/274672772</a></p> <p><b>1:45-2:15 PM "The Mind/Body Well-Being Break"</b> <b>Your mid-week meditation/relaxation refuge for the mind and spirit!</b> <a href="https://getty.zoom.us/j/781871697">https://getty.zoom.us/j/781871697</a></p>	<p><b>NEW CLASS! 12:30-1:15 PM Wellbeats Cardio Class Share</b> <b>Wellbeats cardio class of the week</b> Wellbeats online class share by invitation. FREE! Sign up at <a href="mailto:fitnesscenter@getty.edu">fitnesscenter@getty.edu</a></p> <p><b>3:30-3:45 PM "Express Stretch and Refresh"</b> Give yourself a break from the computer and join us for this quick movement + stretch session! <a href="https://getty.zoom.us/j/727365675">https://getty.zoom.us/j/727365675</a></p>	<p><b>12:00-12:15 PM "Express Stretch and Refresh"</b> Take a break, get up, and feel good! <a href="https://getty.zoom.us/j/162505922">https://getty.zoom.us/j/162505922</a></p> <p><b>12:30-1:15 PM "Align the Spine"</b> Spine/hip mobility, lower-back and upper-body stress release. Floor work: have a mat or towel handy to lie on. Also, if you have a foam roll or a rolled-up towel or pillow, that would be helpful. Contact Lisa for suggestions for what type of foam roll to use. <a href="https://getty.zoom.us/j/422947895">https://getty.zoom.us/j/422947895</a></p>
<b>Evening</b>	<p><b>5:30-6:15 PM "Upper Body/Core Essentials"</b> All upper-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching. <a href="https://getty.zoom.us/j/789346624">https://getty.zoom.us/j/789346624</a></p>	<p><b>5:30-6:15 PM "Lower Body/Core Essentials"</b> All lower-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching. <a href="https://getty.zoom.us/j/765739490">https://getty.zoom.us/j/765739490</a></p>	<p><b>5:30-6:30 PM Yoga with Yonetta</b> One hour Hatha Yoga class for beginners to stretch, relax, and decompress. \$10 per class, she does take Venmo. Please email yonetta47@aol.com for more info. <a href="https://getty.zoom.us/j/541636558">https://getty.zoom.us/j/541636558</a></p>	<p><b>5:30 - 7:00 PM Yoga from the Core with Risa Potters D.C.</b> An hour and a half Yoga class *\$25/class or \$20 ea. for 10 (\$200.00) Pay by Zelle risapottersdc@gmail.com *Class time subject to change, please confirm w/Risa. <b>Passcode: 278895</b> <a href="https://us02web.zoom.us/j/8128101346">https://us02web.zoom.us/j/8128101346</a></p>	