

# Getty Fitness Center Virtual Class Schedule

Effective 1/4/2021. 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>	<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>	<b>7:00-7:45 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>	<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>	<b>7:00-7:45 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>	
	<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>				
<b>Afternoon</b>	<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>	<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>	<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>	<b>12:30-1:00 PM "The Art of Core Reformation"</b>  30 minutes of core strengthening and muscle lengthening! suggested equipment: A mat for floorwork and a resistance band, contact fitnesscenter for recommendations  <a href="https://getty.zoom.us/j/99048034978">https://getty.zoom.us/j/99048034978</a>	<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>
	<b>1:45-2:15 PM "The Mind/Body Well-Being Break"</b>  Your mid-week meditation/relaxation refuge for the mind and spirit! <a href="https://getty.zoom.us/j/781871697">https://getty.zoom.us/j/781871697</a>		<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>	<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>	
<b>Evening</b>	<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>	<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>	<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>	<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>	
	<a href="https://getty.zoom.us/j/789346624">https://getty.zoom.us/j/789346624</a>	<a href="https://getty.zoom.us/j/765739490">https://getty.zoom.us/j/765739490</a>	<a href="https://getty.zoom.us/j/541636558">https://getty.zoom.us/j/541636558</a>	<a href="https://us02web.zoom.us/j/8128101346">https://us02web.zoom.us/j/8128101346</a> 6	