


Getty Fitness Center Virtual Class Schedule

Please use password "GettyFitness" (case sensitive) for all classes. Classes are FREE unless indicated in class description. For more info, please contact us at FitnessCenter@Getty.edu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>11:00-11:45 AM "Cardio Combo" with Burt Bulos</p> <p>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.</p> <p>https://getty.zoom.us/j/618558237</p>				
Afternoon	<p>12:30-1:15 PM "We Will Survive This"</p> <p>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).</p> <p>https://getty.zoom.us/j/274672772</p>	<p>12:30-1:15 PM "Align the Spine"</p> <p>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.</p> <p>https://getty.zoom.us/j/422947895</p>	<p>12:30-1:15 PM "We Will Survive This"</p> <p>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).</p> <p>https://getty.zoom.us/j/274672772</p>		<p>12:00-12:15 PM "Noon Stretch"</p> <p>Take a break, get up, and feel good!</p> <p>https://getty.zoom.us/j/162505922</p> <p>12:30-1:15 PM "Align the Spine"</p> <p>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.</p> <p>https://getty.zoom.us/j/422947895</p>
Evening	<p>5:30-6:15 PM "Upper Body/Core Essentials"</p> <p>All upper-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching.</p> <p>https://getty.zoom.us/j/789346624</p>	<p>5:30-6:15 PM "Lower Body/Core Essentials"</p> <p>All lower-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching.</p> <p>https://getty.zoom.us/j/765739490</p>	<p>5:30-6:30 PM Yoga with Yonetta</p> <p>One hour Hatha Yoga class for beginners to stretch, relax, and decompress.</p> <p>https://getty.zoom.us/j/541636558</p>	<p>5:30 - 7:00 PM Yoga from the Core with Risa Potters D.C.</p> <p>An hour and a half Yoga class *\$25/class or \$20 ea. for 10 (\$200.00) Pay by Zelle risapottersdc@gmail.com</p> <p>https://getty.zoom.us/j/337991999</p>	