


Getty Fitness Center Virtual Class Schedule

Please use password **"GettyFit"** (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>		<div style="border: 1px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: auto;"> <p>Zoom Password required for ALL classes!</p> <p>Please use "GettyFit" (case sensitive)</p> </div>		
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! https://getty.zoom.us/j/162505922</p> <p>12:30-1:15 PM"Align the Spine" 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>	