

GETTY CENTER VIRTUAL CLASS SCHEDULE



Schedule for: 2022-2023

All classes are run via Zoom except Outdoor Adventure

Schedule Effective 2/28/2022

Descriptions & links for the classes can be found on the description page on Getty HR. Contact us at: fitnesscenter@getty.edu

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|-------------------------------------|-------------------------------------|---|--|--------------------------|
| 6:00 AM | Morning Mobility (45 min) | Sunrise Sessions (45 min) | Morning Mobility (45 min) | Sunrise Sessions (45 min) | |
| 10:00 AM | Wellness Workshop | Wellness Workshop | Wellness Workshop | Wellness Workshop | |
| 11:00 AM | Cardio Combo w/ Burt Bulos (60 min) | | | | |
| 12:15 PM | | | | Outdoor Adventure (45 min) | |
| 12:30 PM | We Will Survive This (45 min) | Align the Spine (45 min) | Outdoor Adventure & We Will Survive This (45 min) | | Align the Spine (45 min) |
| 5:30PM | Upper Body/Core Essentials (45 min) | Lower Body/Core Essentials (45 min) | Yoga w/ Yonetta (60 min) | Yoga from the Core w/ Risa Potters D.C. (90 min) | |



GETTY FITNESS CENTER GROUP CLASS DESCRIPTIONS

Please enter the passcode *"**GettyFit**" for access ←(*exactly as shown)

Effective:
2/28/2022



Sunrise Sessions

DESCRIPTION:


- Start your morning right with a morning workout! Join Colin for a 45-minute workout in a circuit training class.
- Journey through four months or "mesocycles" of functional training as you start with the basics, moving into more and more complex forms of training!

CLASS NOTES:

- Circuit Style Training on Tues/Thurs
- Run via Zoom

ZOOM LINK:

- <https://getty.zoom.us/j/94963288749>



We Will Survive This

DESCRIPTION:

- A fast-paced 45-minute session of resistance-training intervals interspersed with cardio intervals. We include unique exercise combinations and "functional" exercises (i.e. working the arms, legs, chest - all in one set) *
- For medium to advanced level exercisers

ZOOM LINK:

- <https://getty.zoom.us/j/274672772>




Align the Spine

DESCRIPTION:

- A class designed to help prevent and alleviate upper and lower back, neck and shoulder pain through exercises, stretching, postural alignment, and relaxation techniques. 45 minute class with Lisa or Colin.
- ***If you have severe/chronic back pain, please check with a health professional before exercising.

ZOOM LINK:

- <https://getty.zoom.us/j/422947895>



Wellness Workshop

DESCRIPTION:

- A block of time dedicated to answering YOUR questions on all things health and fitness related! Reach out to the fitness center email or Colin's email to setup a timeslot with us!

CLASS NOTES:

- Ask any questions pertaining to fitness, health, or programming! Colin will answer to the best of his ability!*
- *Within his scope of practice*

ZOOM LINK:

- <https://getty.zoom.us/j/96989784467>



Outdoor Adventure

DESCRIPTION:

- Set out on an approximately 1.75-mile, 45 min. outdoor journey around the Getty campus (including hills and stairs)
- Join us on Wednesdays with Colin and Thursdays with Lisa for a lunch-break hike
- Move and stretch session included

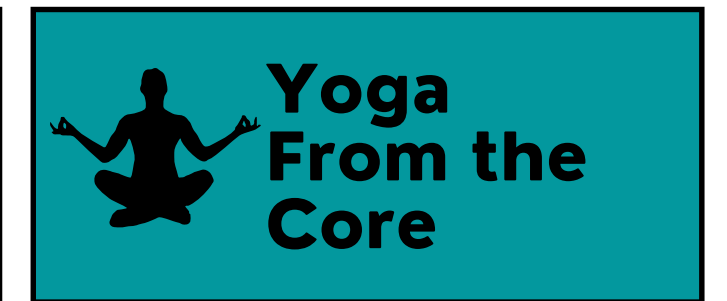
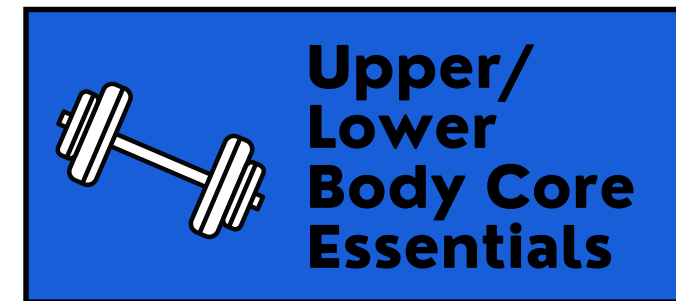
CLASS NOTES:

- There are a limited number of vests available for the hike. **Sign-up for the class on Club Automation** (Note that we leave on-time!)
- 12:30pm on Wednesdays
- 12:15pm on Thursdays

GETTY FITNESS CENTER GROUP CLASS DESCRIPTIONS

Please enter the passcode "***GettyFit**" for access ← (*exactly as shown)

Effective:
2/28/2022



DESCRIPTION:

- Join long-time Getty Fitness Center instructor Burt Bulos for 45 min. of calorie-burning virtual cardio kickboxing. "First timers are free"
Subsequent classes are \$8 per or 5 classes for \$30. Zelle payments to burtbulos@gmail.com

- **ZOOM LINK:**
 - <https://getty.zoom.us/j/618558237>

DESCRIPTION:

- Start off your morning right with Colin's Morning Mobility! With everything ranging from foam rolling, mobility drills, stretching, and more.
- Each day will cover different modalities of mobility training (such as the ones listed above).

CLASS NOTES:

- Mondays and Wednesdays
- 45min Class
- Emphasis on improving overall mobility and flexibility

ZOOM LINK:

- <https://getty.zoom.us/j/99708105461>

DESCRIPTION:

- The term "Hatha" refers to the physical aspects of Yoga. This form combines physical postures, meditation, and breathing techniques to strengthen the muscles and relieve stress. Thus, the union of the physical, mental and spiritual can revive and refresh the body and the soul!
- Individual one hour classes are \$10, or purchase a series of four classes for \$32. Cash or checks accepted. Please make checks payable to Yonetta Asin.

ZOOM LINK:

- <https://getty.zoom.us/j/541636558>

DESCRIPTION:

- Designed to target specific areas to strengthen and tone using bands, balls, dumbbells (including all-new TRX and kettlebells) and all important core and balance training. 45 min.

CLASS NOTES:

- 5 minutes of "MAD" (Mobility/stretching, muscle Activation, Dynamic warm-up)
- Strengthening and toning of upper/lower body muscle groups
- Core work/cool-down/stretch

ZOOM LINK:

- **Upper Body**
 - <https://getty.zoom.us/j/95698234786>
- **Lower Body**
 - <https://getty.zoom.us/j/765739490>

DESCRIPTION:

- Risa Potters, D.C. believes that being healthy empowers us and gives us the freedom to move around in life with strength and independence. In this combination of core training and yoga, Risa teaches proper body alignment for improved posture, increased flexibility, and strength.
- Single sessions are \$18 each or \$15 each per 90 min. with a commitment of 5 classes, and \$14 each for 10. Pay via Zelle to risapottersdc@gmail.com and to obtain passcode.

ZOOM LINK:

- <https://us02web.zoom.us/j/81281013466>