


Getty Fitness Center Virtual Class Schedule effective April 13th (permanent home class schedule until further notice)! Classes are FREE unless indicated in class description*

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 11:45 AM	<p>"Cardio Combo" with Burt Bulos" 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>Join Zoom Meeting https://getty.zoom.us/j/618558237 Meeting ID: 618 558 237</p>				
12:30 - 1:15 PM 45 minutes	<p>"We Will Survive This" circuit training/resistance + high intensity</p> <p>Bring your resistance bands, weights, gym bags filled with books/etc., or airplane carry-on roller bags filled with stuff to use for resistance. OR just bring your body (for bodyweight exercise).</p> <p>Join Zoom Meeting https://getty.zoom.us/j/274672772 Meeting ID: 274 672 772</p>	<p>"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 rolle-up towel or pillow, that would be helpful. Contact Lisa for suggestions for what type of foam roll to get if needed.</p> <p>Join Zoom Meeting https://getty.zoom.us/j/422947895 Meeting ID: 422 947 895</p>	<p>"We Will Survive This" circuit training/resistance + high intensity cardio</p> <p>Bring your resistance bands, weights, gym bags filled with books/etc., or airplane carry-on roller bags filled with stuff to use for resistance. OR just bring your body (for bodyweight exercise).</p> <p>Join Zoom Meeting https://getty.zoom.us/j/274672772 Meeting ID: 274 672 772</p>	<p>Let us design a home workout program just for you! Email us with details about equipment (or we can give recommendations). Set up a one-on-one Zoom personal training session/consultation or we can send by email. Contract fitnesscenter@getty.edu to find out more.</p>	<p>12 Noon - 15 minute stretch for everyone! Take a break get up, and feel good! Join Zoom Meeting https://getty.zoom.us/j/162505922 Meeting ID: 162 505 922</p>
1:45 PM			<p>1:45 - 2:05 20 min. meditation group "Meditation for the HeART" Meeting ID: 781 871 697</p> <p>Join Zoom Meeting https://getty.zoom.us/j/781871697</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 rolle-up towel or pillow, that would be helpful. Contact Lisa for suggestions for what type of foam roll to get if needed.</p>
5:30 - 6:15 PM 45 minutes	<p>"Upper Body/Core Essentials" All upper-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching..</p> <p>Join Zoom Meeting https://getty.zoom.us/j/789346624 Meeting ID: 789 346 624</p>	<p>"Lower Body/Core Essentials" All lower-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching..</p> <p>Join Zoom Meeting https://getty.zoom.us/j/765739490 Meeting ID: 765 739 490</p>	<p>5:30 PM Yoga with Yonetta - One hour Hatha Yoga class for beginners to</p> <p>Join Join Zoom Meeting https://getty.zoom.us/j/541636558 Meeting ID: 541 636 558</p>	<p>5:30 - 7:00 PM Yoga from the Core with Risa Potters D.C. - An hour and a half Yoga class *\$25/class or \$20 ea. for 10 (\$200.00) Pay by Zelle c@gmail.com</p> <p>Join Zoom Meeting https://getty.zoom.us/j/337991999 Meeting ID: 337 991 999</p>	<p>Join Zoom Meeting https://getty.zoom.us/j/422947895 Meeting ID: 422 947 895</p> 