

Getty Fitness Center Virtual Class Schedule

Effective 2/222021. 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>10:10-10:25 AM "Express Stretch and Refresh"</p> <p>Give yourself a break from the computer and join us for this quick movement + stretch session!</p> <p>https://getty.zoom.us/j/95984386177</p>	<p>7:00-7:45 AM "Rise and Flex"</p> <p>Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight!</p> <p>https://getty.zoom.us/j/93318533871</p>	<p>Important!!</p> <p>All zoom classes require a passcode!</p> <p>Please enter the passcode "GettyFit" for access.</p> <p>Password is case sensitive.</p>	<p>7:00-7:45 AM "Rise and Flex"</p> <p>Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight!</p> <p>https://getty.zoom.us/j/93318533871</p>	
	<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>NEW CLASS! 12:30-1:15 PM Wellbeats Cardio Class Share</p> <p>Wellbeats cardio class of the week Wellbeats online class share by invitation. FREE! Sign up at fitnesscenter@getty.edu</p>	<p>12:00-12:15 PM "Express Stretch and Refresh"</p> <p>Take a break, get up, and feel good!</p> <p>https://getty.zoom.us/j/162505922</p>
	<p>1:45-2:15 PM "The Mind/Body Well-Being Break"</p> <p>Your mid-week meditation/relaxation refuge for the mind and spirit!</p> <p>https://getty.zoom.us/j/781871697</p>		<p>3:30-3:45 PM "Express Stretch and Refresh"</p> <p>Give yourself a break from the computer and join us for this quick movement + stretch session!</p> <p>https://getty.zoom.us/j/727365675</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. \$10 per class, she does take Venmo. Please email yonetta47@aol.com for more info.</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 *Class time subject to change, please confirm w/Risa. Passcode: 278895</p> <p>https://us02web.zoom.us/j/8128101346</p>	
	<p>https://getty.zoom.us/j/789346624</p>	<p>https://getty.zoom.us/j/765739490</p>	<p>https://getty.zoom.us/j/541636558</p>	<p>https://us02web.zoom.us/j/8128101346</p>	