

Getty Fitness Center Virtual Class Schedule

Effective 10-26-2020. Classes are FREE unless indicated in class description. For more info, please contact us at FitnessCenter@Getty.edu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10:10-10:25 AM "Express Stretch and Refresh" Give yourself a break from the computer and join us for this quick movement + stretch session! https://getty.zoom.us/j/95984386177	7:00-7:45 AM "Rise and Flex" Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight! https://getty.zoom.us/j/93318533871	Important!! All zoom classes require a passcode! Please enter the passcode "GettyFit" for access. Password is case sensitive.	7:00-7:45 AM "Rise and Flex" Get your morning started with a full body 45 minute circuit! You can use any type of resistance including: weights, water bottles, or bodyweight! https://getty.zoom.us/j/93318533871	
	11:00-11:45 AM "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. https://getty.zoom.us/j/618558237				
Afternoon	12:30-1:15 PM "We Will Survive This" 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). https://getty.zoom.us/j/274672772	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. https://getty.zoom.us/j/422947895	12:30-1:15 PM "We Will Survive This" 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). https://getty.zoom.us/j/274672772	12:30-1:00 PM "The Art of Core Reformation" 30 minutes of core strengthening and muscle lengthening! suggested equipment: A mat for floorwork and a resistance band, contact fitnesscenter for recommendations https://getty.zoom.us/j/99048034978	12:00-12:15 PM "Express Stretch and Refresh" Take a break, get up, and feel good! https://getty.zoom.us/j/162505922
			1:45-2:15 PM "The Mind/Body Well-Being Break" Your mid-week meditation/relaxation refuge for the mind and spirit! https://getty.zoom.us/j/781871697	3:30-3:45 PM "Express Stretch and Refresh" Give yourself a break from the computer and join us for this quick movement + stretch session! https://getty.zoom.us/j/95984386177	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. https://getty.zoom.us/j/422947895
Evening	5:30-6:15 PM "Upper Body/Core Essentials" All upper-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching. https://getty.zoom.us/j/789346624	5:30-6:15 PM "Lower Body/Core Essentials" All lower-body strengthening using household items or resistance bands/weights and bodyweight. Includes corework and stretching. https://getty.zoom.us/j/765739490	5:30-6:30 PM Yoga with Yonetta One hour Hatha Yoga class for beginners to stretch, relax, and decompress. https://getty.zoom.us/j/541636558	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 risapottersdc@gmail.com *Class time subject to change, please confirm w/Risa. Passcode: 278895 https://us02web.zoom.us/j/8128101346	
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