

YMCA of Honolulu Live Stream & In Person Group Exercise Schedule April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am-7:00am Sunrise Spin Nu'uuanu - Dominique IPO + LS	6:15am-7:15am Slow Flow Vinyasa Mililani - Rachel H. IPI + LS	6:15am-7:15am Gentle Yoga Mililani - Rachel H. IPI + LS	6:15am-7:15am Slow Flow Vinyasa Mililani - Rachel H. IPI + LS	6:15am-7:00am Sunrise Spin Nu'uuanu - Lee IPO	8:00am-9:00am Sculpt Burn Kaimuki - Rosalie IPI + LS
7:15am-8:15am Tai Chi Nu'uuanu - Carol IPI + LS	6:15am-7:00am Sunrise Spin Nu'uuanu - Dorian IPO	7:15am-8:15am Tai Chi Nu'uuanu - Carol IPI + LS	7:15am-8:15am Morning Yoga Nu'uuanu - Laurie IPI + LS	7:15am-8:15am Tai Chi Nu'uuanu - Carol IPI + LS	8:00am-8:45am Aqua Zumba Lite Kaimuki - Brenda Pool
8:00am-9:00am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	7:15am-8:15am Morning Yoga Nu'uuanu - Laurie IPI + LS	7:30am-8:15am Spin Nu'uuanu - Lee IPO	8:00am-9:00am Aqua Zumba Lite Kaimuki - Brenda Pool	8:00am-8:45am Aqua Fit Kaimuki - Pool	8:00am-9:00am R.I.P.E.D Leeward - IPO
8:00am-9:00am Silver&Fit Leeward - IPI	8:00am-9:00am Aqua Zumba Lite Kaimuki - Blanca Pool	8:00am-8:45am Aqua Fit Kaimuki - Pool	8:00am-8:50am Easy & Fit Mililani - Linda IPI	8:00am-9:00am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	8:15am-9:00am Spin Nu'uuanu - Dorian IPO
8:00am-9:00am Salsaerobics Leeward - Jonell IPI + LS	8:00am-9:00am Cardio Weights/Core Leeward - Gail IPI + LS	8:00am-9:00am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	8:15am-9:15am Chair Yoga Kaimuki - Kathy IPI + LS	8:15am-9:15am MOSSA: Defend Mililani - Milena IPI	8:15am-9:15am Zumba Nu'uuanu - Cheyne IPI + LS
8:00am-8:50am Easy & Fit Mililani - Linda IPI	8:15am-9:15am Chair Yoga Kaimuki - Kathy IPI + LS	8:00am-9:00am Water In Motion Mililani - Jen Pool	8:15am-9:15am MOSSA: Defend Together Windward - Melissa IPI + LS	8:15am-9:15am Step & Sculpt Windward - Terri IPI + LS	8:15am-9:15am Zumba Windward - Yashia IPI + LS
8:00am-9:00am Water In Motion Mililani - Jen Pool	8:15am-9:15am MOSSA: Defend Together Windward - Melissa IPI + LS	8:15am-9:15am Tai Chi for Arthritis Kalihi - Toshimi IPO	8:30am-9:30am Salsaerobics Nu'uuanu - Jonell IPI + LS	8:30am-9:30am Zumba Kalihi - Brandi IPO	9:15am-10:15am Chair Yoga Kaimuki - Kathy IPI + LS
8:15am-9:15am MOSSA: Strength Train Together Windward - Amber K. IPI + LS	8:30am-9:30am Salsaerobics Mililani - Jonell IPI + LS	8:15am-9:15am Zumba Windward - Yashia IPI + LS	9:00am-9:45am Aqua Tai Chi Kaimuki - Todd Pool	8:30am-9:30am Strength & Conditioning Nu'uuanu - Lee IPI + LS	9:45am-10:45am MOSSA: Strength Train Together Nu'uuanu - Patty/Kathy/ Fran IPI
8:30am-9:30am Zumba Kalihi - Brandi IPO	8:40am-9:40am TRX Nu'uuanu - Sue IPI	8:30am-9:30am HIIT & Core Nu'uuanu - Lee IPI + LS	9:00am-9:45am Aqua Zumba Leeward - Rachel A. Pool	9:00am-9:45am Aqua Fit Kaimuki - Pool	11:00am-11:45am Aqua Lite Kaimuki - Kathy Pool
9:00am-9:45am Aqua Zumba Leeward - Ki'i Pool	9:00am-9:45am Aqua Zumba Leeward - Rachel A. Pool	9:00am-9:45am Aqua Fit Kaimuki - Pool	9:15am-10:15am Gentle Yoga Leeward - Rachel H. IPI + LS	9:00am-9:45am Aqua Zumba Leeward - Ki'i Pool	SUNDAY
9:10am-10:10am Aqua Zumba Mililani - Jen Pool	9:15am-10:15am Gentle Yoga Leeward - Rachel H. IPI + LS	9:00am-9:45am Aqua Zumba Leeward - Ki'i Pool	9:15am-10:15am Vinyasa Yoga Mililani - Amy IPI + LS	9:15am-10:15am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	8:00am-9:00am Total Body Circuit Dominique - Mililani LS
9:15am-10:15am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	9:30am-10:30am Seated Function Fitness Kaimuki - Donna IPI + LS	9:10am-10:10am Aqua Zumba Mililani - Jen Pool	9:30am-10:30am Seated Function Fitness Kaimuki - Donna IPI + LS	9:15am-10:15am Cardio Weights Leeward - Gail IPI + LS	9:15am-10:15am Yoga Flow Cristina - Kaimuki LS
9:15am-10:15am Cardio Weights Leeward - Gail IPI + LS	9:30am-10:30am Zumba Windward - Kaipo IPI + LS	9:15am-10:15am \$ Jazzercise \$ Kaimuki - Caroline IPI + LS	9:30am-10:30am Total Body Windward - Amber K. IPI + LS	9:15am-10:15am Total Body Conditioning Mililani - Milena IPI	Schedule subject to change.
9:15am-10:15am Vinyasa Yoga Mililani - Amy IPI + LS	9:45am-10:30am Easy & Fit Mililani - Marilyn IPI	9:15am-10:15am Cardio Weights Leeward - Gail IPI + LS	10:00am-10:45am Aqua Lite Kaimuki - Kathy Pool	9:15am-10:00am Aqua Zumba/ WaterInMotion Windward - Jen K. Pool	\$- Jazzercise costs an additional \$15 per month to participate in unlimited classes for the month. This fee must be prepaid prior to registering.
9:15am-10:15am H2O Fit Windward - Betty Pool	10:00am-10:45am Aqua Lite Kaimuki - Kathy Pool	9:15am-10:15am MOSSA: Defend Mililani - Claire IPI	10:00am-11:00am Total Body Conditioning Kalihi - Brandi IPO	9:30am-10:30am MOSSA: Strength Train Together Windward - Amber K. IPI + LS	
10:00am-11:00am Seated Fitness Kalihi - Brandi IPO	10:00am-11:00am Total Body Conditioning Kalihi - Brandi IPO	9:15am-10:00am Aqua Zumba Windward - Kaipo Pool	10:00am-11:00am Zumba Gold Nu'uuanu - Terumi IPI + LS	10:00am-11:00am Seated Fitness Kalihi - Brandi IPO	
10:00am-11:00am Y Fusion Nu'uuanu - Damon IPI + LS	10:00am-11:00am Zumba Gold Nu'uuanu - Emi IPI + LS	9:30am-10:30am Yang Tai Chi Kalihi - Toshimi IPO	10:30am-11:30am MOSSA: Strength Train Together Leeward - Rachel A. IPI + LS	10:30am-11:30am Zumba Kaimuki - Kennie/ Michelle IPI + LS	GROUP EXERCISE CLASS KEY: IPO: In-Person Outside IPI: In-Person Inside LS: Live Stream Light Blue Color: Pool Classes
10:30am-11:30am Zumba Kaimuki - Kennie/ Michelle IPI + LS	10:30am-11:30am MOSSA: Strength Train Together Leeward - Rachel A. IPI + LS	10:00am-11:00am Y Fusion Nu'uuanu - Damon IPI + LS	10:45am-11:30am Silver&Fit Windward - Demetrius IPI + LS	10:30am-11:30am Salsaerobics Leeward - Jonell IPI + LS	
10:30am-11:30am Zumba Leeward - Ki'i IPI + LS	10:45am-11:30am Silver&Fit Windward - Melissa IPI + LS	10:30am-11:30am Zumba Kaimuki - Kennie/ Michelle IPI + LS	11:45am-12:45pm Fitness for Arthritis Nu'uuanu - Jenny IPI + LS	10:30am-11:30am Zumba Gold Mililani - Makiko & Ryoko IPI + LS	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30am-11:30am Chair Zumba Mililani - Ryoko IPI + LS	11:00am-12:00pm Zumba Mililani - Makiko IPI + LS	10:30am-11:30am Zumba Gold Leeward - Kalani IPI + LS	4:00pm-5:00pm Zumba Leeward - Ki'i IPI + LS	10:45am-11:45am Yoga Flow Windward - Bernadette LS
10:45am-11:45am Vinyasa Yoga Windward - Jacqueline IPI + LS	11:45am-12:30pm Fitness for Arthritis Leeward - Gail LS	10:30am-11:30am Chair Zumba Mililani - Ryoko IPI + LS	4:00pm-5:00pm Barre Mililani - Jillian IPI + LS	11:15am-12:00pm Silver&Fit Nu'uuanu - Ioanna IPI
11:15am-12:30pm Senior Karate Kalihi - Wayne IPO	2:00pm-3:00pm High Beginner Line Dancing Mililani - Laurie IPI + LS	10:45am-11:45am Gentle Yoga Windward - Bernadette LS	5:00pm-6:00pm Zumba Kalihi - Gabby IPO	1:15pm-2:00pm Aqua Zumba Nu'uuanu - Betty Pool
11:15am-12:00pm Silver&Fit Nu'uuanu - Ioanna IPI	4:00pm-5:00pm Zumba Leeward - Ki'i IPI + LS	11:45am-12:45pm Chair Yoga Mililani - Claire IPI	5:00pm-6:00pm MOSSA: Defend Together Nu'uuanu - Patty IPI + LS	3:00pm-4:00pm Yoga Flow Kaimuki - Cristina LS
11:45am-12:30pm Parkinson's Leeward - Gail LS	4:00pm-5:00pm Barre Mililani - Jillian IPI + LS	11:45am-12:30pm Parkinson's Nu'uuanu - Jenny IPI + LS	5:15pm-6:15pm POP Pilates Leeward - Rachel A. IPI + LS	4:15pm-5:15pm Zumba Gold Kaimuki - Brenda IPI + LS
11:45am-12:45pm Zumba Mililani - Ryoko IPI + LS	4:30pm-5:30pm MOSSA: Strength Train Together Nu'uuanu - Fran IPI + LS	1:15pm-2:00pm Water In Motion Nu'uuanu - Betty Pool	5:15pm-6:15pm R.I.P.P.E.D. Leeward - Jo IPO	4:30pm-5:30pm Zumba Nu'uuanu - Terumi IPI + LS
1:15pm-2:00pm Aqua Zumba Nu'uuanu - Brenda Pool	5:00pm-6:00pm Zumba Kalihi - Diana IPO	4:00pm-5:00pm MOSSA: Strength Train Together Leeward - Rachel A. IPI + LS	5:15pm-6:15pm Zumba Mililani - Leeann IPI + LS	5:00pm-6:00pm Zumba Kalihi - Cheyne IPO
3:45pm-4:45pm Zumba Nu'uuanu - Gayla IPI + LS	5:15pm-6:15pm POP Pilates Leeward - Rachel A. IPI + LS	4:00pm-5:00pm MOSSA: Strength Train Together Windward - Amber K. IPI + LS	5:15pm-6:00pm Aqua Zumba Windward - Betty Pool	5:00pm-6:00pm R.I.P.P.E.D. Mililani - Dominique LS
4:00pm-5:00pm RIPPED Rumble Leeward - Ki'i IPI	5:15pm-6:15pm Bootcamp Leeward - Jo IPO	4:15pm-5:15pm Zumba Mililani - Leeann IPI + LS	5:30pm-6:30pm Zumba Toning Windward - Gayla IPI + LS	5:30pm-6:25pm MOSSA: Strength Train Together Mililani - Val IPI
4:00pm-5:00pm Vinyasa Yoga Mililani - Amy IPI + LS	5:15pm-6:15pm Power Yoga Mililani - Ikumi IPI + LS	4:15pm-5:15pm Zumba Nu'uuanu - Gayla IPI + LS	6:15pm-6:45pm Strong Nation Kalihi - Gaby IPO	Schedule subject to change.
5:00pm-6:00pm Zumba Kalihi - Lydia IPO	5:15pm-5:55pm Water In Motion Nu'uuanu - Jen K. Pool	5:00pm-6:00pm Zumba Kalihi - Lydia IPO	5:15pm-5:55pm Aqua Zumba Nu'uuanu - Jen K. Pool	
5:00pm-6:00pm Fitness Frenzy Nu'uuanu - Kathy IPI + LS	5:15pm-6:00pm The Drill Windward - Holly IPI + LS	5:15pm-6:15pm Zumba Kaimuki - Melinda LS		GROUP EXERCISE CLASS KEY: IPO: In-Person Outside IPI: In-Person Inside LS: Live Stream Light Blue Color: Pool Classes
5:15pm-6:15pm Zumba Kaimuki - Melinda LS	5:15pm-6:00pm H2O Fit Windward - Irene Pool	5:15pm-6:15pm Salsaerobics Leeward - Jonell IPI + LS		
5:15pm-6:15pm Zumba Leeward - Ki'i IPI + LS	6:00pm-7:00pm Yoga With Mindfulness Nu'uuanu - Sri IPI + LS	5:30pm-6:30pm Total Body Circuit Mililani - Dominique LS		
5:30pm-6:25pm MOSSA: Strength Train Together Mililani - Val IPI	6:15pm-7:15pm Gentle Yoga Kalihi - Donna IPO	6:00pm-6:45pm Spin Nu'uuanu - Dorian IPO		
6:00pm-7:00pm Vinyasa Yoga Windward - Bernadette LS		6:15pm-7:15pm Hot Hula Kalihi - Socee IPO		

Make an online reservation here:



Need help? Online Reservation Guide here:

