

**YMCA of Honolulu**  
**Live Stream Classes for August 2022**

**SUNDAY**

8 – 9:15am  
9:15 – 10:15am

PiYo - Dominique  
Yoga Flow - Cristina

**MONDAY**

6:15 – 7:15am  
6:15 – 7am  
7 – 8am  
7:15 – 8:15am  
8 – 9am  
8 – 9am  
8 – 8:50am  
8:15 – 9:15am  
8:30 – 9:30am  
8:30 – 9:30am  
9:15 – 10:15am  
9:15 – 10:15am  
9:30 – 10:15am  
10 – 11am  
10:30 – 11:30am  
10:30 – 11:30am  
10:45 – 11:45am  
10:45 – 11:45am  
11:45am – 12:45pm  
11:45am – 12:45pm  
12 – 12:45pm  
4:30 – 5:30pm  
4:30 – 5pm  
5:10 – 6:10pm  
5:15 – 6:15pm  
5:45 – 7pm  
6 – 7pm  
6:15 – 7:15pm

Cycle Fit - Dominique  
Sunrise Stretch- Carla  
Hi-Lo Impact Aerobics- Sue  
Tai Chi - Carol  
Jazzercise - Caroline  
Salsaerobics - Jonell  
Tai Chi - Claire  
MOSSA: Strength Train Together - Amber  
Tai Chi for Arthritis & Fall Prevention\*- Skip & Carol  
Zumba with Kelly  
Jazzercise - Caroline  
Cardio Weights - Gail  
Cardio Weights/Core with Terri  
Y Fusion - Patty  
Zumba - Kennie/Michelle  
Yoga Flow: Genie  
Parkinson's - Gail  
Vinyasa Yoga - Jacqui  
Vinyasa Yoga - Ayako  
Zumba - Ryoko  
Chair Yoga with Jacqueline  
Zumba - Gayla  
Low Impact Cardio -Laurie  
Yogalates with Laurie  
Salsaerobics w/ Jon  
Vinyasa Yoga - Bernadette  
Fitness Frenzy - Kathy  
Zumba - Ki'i

**TUESDAY**

6:10 – 7am  
7:15 – 8:15am  
8:15 – 9:15am  
8:15 – 9:15am  
8:30 – 9:30am  
8:45 – 9:45am  
9:15 – 10:15am  
9:30 – 10:30am  
9:30 – 10:15am  
10 – 11am  
10:45 – 11:30am  
11am – 12pm  
11:30am – 12:30pm  
11:45am – 12:45pm  
11:45am – 12:30pm  
12:45 – 2pm  
2 – 3:15pm  
2 – 3pm

Gentle Yoga - Rachel H.  
Morning Yoga - Laurie  
Chair Yoga - Kathy  
MOSSA Strength with Terri  
Salsaerobics - Jonell  
PiYo- Amy  
Gentle Yoga - Rachel H.  
Zumba - Kaipō  
Silver & Fit - Blanca  
Zumba - Emi  
Chair Fitness - Kaipō  
Zumba - Makiko  
Zumba Gold - Brenda  
Tai Chi Ramona  
Fitness for Arthritis - Gail  
Tai Chi - Limin  
Guided Meditation - Limin  
High Beginner Line Dancing - Laurie

4 – 5pm  
4 – 5pm  
5:30 – 6:15pm  
6 – 7pm  
6:30 – 7:30pm

Salsaerobics- Jonell  
Pound with Martina  
The Drill - Melissa  
Pilates- Patty  
Zumba- Margaret

### **WEDNESDAY**

6:15 – 7am  
6:30 – 7:15am  
7 – 8am  
7:15 – 8:15am  
8 – 9am  
8:15 – 9:15am  
8:30 – 9:30am  
8:30 – 9:30am  
9:15 – 10:15am  
9:15 – 10:15am  
9:30 – 10:30am  
10 – 11am  
10:15 – 11:15am  
10:30 – 11:30am  
10:45am – 12pm  
11:45am – 12:45pm  
11:45am – 12:45pm  
1:30 – 2:30pm  
4 – 5pm  
4:30 – 5:30pm  
5:15 – 6:15pm  
5:15 – 6:15pm  
5:30 – 6:30pm  
5:30 – 6:15pm

Sunrise Stretch- Carla  
Cycle Fit - Dominique  
Hi-Lo Impact Aerobics- Sue  
Tai Chi - Carol  
Jazzercise - Caroline  
Yoga Flow - Sarah  
Strength & Conditioning - Lindsey  
Tai Chi for Arthritis & Fall Prevention- Skip  
Jazzercise - Caroline  
Cardio Weights - Gail  
Zumba - Terumi  
Y Fusion- Damon  
Chair Yoga with Marianette  
Zumba - Kennie/Michelle  
Gentle Yoga - Bernadette  
Vinyasa Yoga - Ayako  
Parkinson's - Sue B.  
Parkinson's Class with Mary Lou  
MOSSA: Strength Train Together - Amber  
Zumba - Gayla  
Zumba - Kelly  
Salsaerobics - Jonell  
Total Body Circuit - Dominique  
Bosu Intervals with Michelle S.

### **THURSDAY**

6:10 – 7am  
7:15 – 8:15am  
8 – 8:50am  
8:15 – 9:15am  
8:15 – 9:15am  
8:30 – 9:30am  
9:15 – 10:15am  
9:30 – 10:30am  
10 – 11am  
10:30 – 11:15am  
10:45 – 11:30am  
11:30am – 12:30pm  
11:45am – 12:45pm  
12:45 – 2pm  
2 – 3:15pm  
4:30 – 5:30pm  
4:45 – 5:45pm  
5:15 – 6:15pm  
6 – 7pm  
6 – 7pm

Gentle Yoga - Rachel H.  
Morning Yoga - Laurie  
Tai Chi - Claire  
Chair Yoga - Kathy  
Defend With Melissa  
Salsaerobics - Jon  
Gentle Yoga - Rachel H.  
Total Body - Amber  
Zumba Gold - Terumi  
Silver & Fit - Michele  
Chair Fitness - Demetrius  
Zumba Gold - Brenda  
Yoga with Amber  
Tai Chi - Limin  
Guided Meditation - Limin  
Zumba Toning - Gayla  
Zumba with Kelly  
Group Blast - Dominique  
MOSSA: Defend Together + Patty  
Yoga With Mindfulness - Sri

### **FRIDAY**

7:15 – 8:15am

Tai Chi - Carol

8 – 9am	Jazzercise - Caroline
8:15 – 9:15am	Step & Sculpt - Terri
8:30 – 9:30am	Beginner Tai Chi with Carol
8:30 – 9:30am	Strength & Conditioning - Lee
9:15 – 10:15am	Jazzercise - Caroline
9:15 – 10:15am	Cardio Weights - Gail
9:30 – 10:30am	MOSSA: Strength Train Together - Amber
10 – 11am	Zumba Toning with Margaret
10:30 – 11:30am	Zumba - Kennie/Michelle
10:30 – 11:30am	Salsaerobics - Jonell
10:30 – 11:30am	Zumba Gold - Makiko & Ryoko
10:45am – 12pm	Yoga Flow - Bernadette
11:15am – 12:15pm	Parkinson's- Betty
11:45am – 12:45pm	Vinyasa Yoga - Ayako
4:30 – 5:30pm	Zumba - Terumi
5:15 – 6:15pm	Zumba - Priscilla
6:30 – 7:30pm	Zumba - Kii

**SATURDAY**

8 – 9am	Sculpt&Burn - Rosalie
8 – 9am	Salsaerobics - Jonell
8:15 – 9:15am	Zumba - Gayla
8:15 – 9:15am	Zumba - Michelle Hill
8:50 – 9:50am	Tai Chi for Arthritis & Fall Prevention - Kimiko
9:15 – 10:15am	Chair Yoga - Kathy
9:30 – 10:30am	Yoga Flow: Genie
9:30 – 10:30am	The Drill with Michelle S.
9:45 – 10:45am	MOSSA: Strength Train Together - Patty/Kathy/Fran
10:30 – 11:15am	Yoga Flow -Cristina