

YMCA of Honolulu
Live Stream Classes for January 2023

SUN

8 – 9:15am PiYo - Dominique
9:15 – 10:15am Yoga Flow - Cristina

MON

6:15 – 7:15am CycleFit- Dominique
6:15 – 7am Sunrise Stretch- Carla
7 – 8am Hi-Lo Impact Aerobics- Sue
7:15 – 8:15am Tai Chi - Carol
8 – 9am Jazzercise - Caroline
8 – 9am Salsaerobics - Jonell
8:15 – 9:15am MOSSA: Strength Train Together - Amber
8:30 – 9:30am Zumba with Kelly
9:15 – 10:15am Jazzercise - Caroline
9:15 – 10:15am Cardio Weights - Gail
9:30 – 10:15am Cardio Weights/Core -Terri
10 – 11am Y Fusion - Patty
10:30 – 11:30am Zumba - Kennie/Michelle
10:30 – 11:30am Yoga Flow: Genie
10:45 – 11:45am Parkinson's - Gail
10:45 – 11:45am Vinyasa Yoga - Jacqui
11 – 11:45am Ukulele -Uncle Walt
11:45am – 12:45pm Vinyasa Yoga - Ayako
11:45am – 12:45pm Zumba - Ryoko
12 – 12:45pm Chair Yoga - Jacqueline
4:30 – 5pm Low Impact Cardio -Laurie
5:10 – 6:10pm Yogalates with Laurie
5:15 – 6:15pm Salsaerobics w/ Jon
5:45 – 7pm Vinyasa Yoga - Bernadette
6 – 7pm Fitness Frenzy - Kathy
6:15 – 7:15pm Zumba - Ki'i

TUE

6:10 – 7am Slow Flow Vinyasa - Rachel H.
7:15 – 8:15am Morning Yoga - Laurie
8:15 – 9:15am Chair Yoga - Kathy
8:15 – 9:15am MOSSA Strength with Terri
8:30 – 9:30am Salsaerobics - Jonell
8:45 – 9:45am PiYo- Amy
9:15 – 10:15am Gentle Yoga - Rachel H.
9:30 – 10:30am Zumba - Kaipō
9:30 – 10:15am Silver & Fit - Blanca
10 – 11am Zumba - Emi
10:45 – 11:30am Chair Fitness - Kaipō

11am – 12pm	Zumba - Makiko
11:30am – 12:30pm	Zumba Gold - Brenda
12:45 – 2pm	Tai Chi - Limin
2 – 3:15pm	Guided Meditation - Limin
4 – 5pm	Salsaerobics- Jonell
6 – 7pm	Pilates- Patty

WED

6:15 – 7am	Sunrise Stretch- Carla
6:30 – 7:15am	Cycle Fit - Dominique
7 – 8am	Hi-Lo Impact Aerobics- Sue
7:15 – 8:15am	Tai Chi - Carol
8 – 9am	Jazzercise - Caroline
8:15 – 9:15am	Yoga Flow - Sarah
8:30 – 9:30am	Strength & Conditioning - Lindsay
9:15 – 10:15am	Jazzercise - Caroline
9:15 – 10:15am	Cardio Weights - Gail
9:30 – 10:30am	Zumba - Terumi
10 – 11am	Y Fusion- Damon
10:15 – 11:15am	Chair Yoga with Marianne
10:30 – 11:30am	Zumba - Kennie/Michelle
10:45am – 12pm	Gentle Yoga - Bernadette
11:45am – 12:45pm	Vinyasa Yoga - Ayako
11:45am – 12:45pm	Parkinson's - Sue B.
1:30 – 2:30pm	Parkinson's Class with Mary Lou
5:15 – 6:15pm	Zumba - Kelly
5:15 – 6:15pm	Salsaerobics - Jonell
5:30 – 6:30pm	Total Body Circuit - Dominique
5:30 – 6:15pm	The Drill - Melissa

THU

6:10 – 7am	Gentle Yoga - Rachel
7:15 – 8:15am	Morning Yoga - Laurie
8 – 8:50am	Tai Chi - Claire
8:15 – 9:15am	Chair Yoga - Kathy
8:15 – 9:15am	Defend With Melissa
8:30 – 9:30am	Salsaerobics - Jon
9:30 – 10:30am	Total Body - Amber
10 – 11am	Zumba Gold - Terumi
10:30 – 11:15am	Silver & Fit - Michele
10:45 – 11:30am	Chair Fitness - Demetrius
11:30am – 12:30pm	Zumba Gold - Brenda
11:45am – 12:45pm	Yoga with Amber
12:45 – 2pm	Tai Chi - Limin
2 – 3:15pm	Guided Meditation - Limin
4:30 – 5:30pm	Zumba Toning - Michelle H.
4:45 – 5:45pm	Zumba with Kelly

5:15 – 6:15pm Group Blast - Dominique
6 – 7pm MOSSA: Defend Together + Patty
6 – 7pm Yoga With Mindfulness - Sri

FRI

7:15 – 8:15am Tai Chi - Carol
8 – 9am Jazzercise - Caroline
8:15 – 9:15am Cardio Weights & Core - 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
6:30 – 7:30pm Zumba - Kii

SAT

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