

YMCA of Honolulu
Live Stream Classes for May 2022

SUNDAY

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

MONDAY

6:15 – 7:15am Cycle Fit - 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 – 8:50am Easy & Fit - Claire
8:15 – 9:15am MOSSA: Strength Train Together - Amber
8:30 – 9:30am Tai Chi for Arthritis & Fall Prevention*- Skip & Carol
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 Strength with Terri
10 – 11am Y Fusion - Patty
10:30 – 11:30am Zumba - Kennie/Michelle
10:45 – 11:45am Parkinson's - Gail
10:45 – 11:45am Vinyasa Yoga - Jacqui
11:45am – 12:45pm Vinyasa Yoga - Ayako
11:45am – 12:45pm Zumba - Ryoko
12 – 12:45pm Chair Yoga with Jacqueline
4:30 – 5:30pm Zumba - Gayla
4:30 – 5pm Low Impact Cardio -Laurie
5:10 – 6:10pm Yogalates with Laurie
5:15 – 6:15pm Salsaerobics w/ Jon
5:15 – 6:15pm Zumba - Ki'i
5:45 – 7pm Vinyasa Yoga - Bernadette
6 – 7pm Fitness Frenzy - Kathy

TUESDAY

6:10 – 7am Slow Flow Vinyasa - Rachel H.
7:15 – 8:15am Morning Yoga - Laurie
8 – 9am Cardio Weights/Core - Gail
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 Insanity- Amy
9:15 – 10:15am Gentle Yoga - Rachel H.
9:30 – 10:30am Silver & Fit - Donna
9:30 – 10:30am Zumba - Kaipo
10 – 11am Zumba Gold - Emi
10:30 – 11:30am Strength- Milena
10:45 – 11:30am Chair Fitness - Kaipo
11am – 12pm Zumba - Makiko
11:30am – 12:30pm Zumba Gold - Brenda
11:45am – 12:45pm Tai Chi Ramona
11:45am – 12:30pm Fitness for Arthritis - Gail
12:45 – 2pm Tai Chi - Limin
2 – 3:15pm Guided Meditation - Limin

2 – 3pm High Beginner Line Dancing - Laurie
4 – 5pm Salsaerobics- Jonell
4 – 5pm Pound with Martina
5 – 6pm MOSSA: Strength Train Together - Fran
5:15 – 6pm The Drill - Holly
6 – 7pm Pilates- Patty
6:30 – 7:30pm Zumba- Cheyne

WEDNESDAY

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 - Jenny
8:30 – 9:30am Tai Chi for Arthritis & Fall Prevention- Skip
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 Marianette
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 - Jenny
1:30 – 2:30pm Parkinson's Class with Mary Lou
4 – 5pm MOSSA: Strength Train Together - Amber
4:30 – 5:30pm Zumba - Gayla
5:15 – 6:15pm Zumba - Kelly
5:15 – 6:15pm Salsaerobics - Jonell
5:30 – 6:30pm Total Body Circuit - Dominique
5:30 – 6:15pm Bosu Intervals with Michelle S.

THURSDAY

6:10 – 7am Slow Flow Vinyasa - Rachel H.
7:15 – 8:15am Morning Yoga - Laurie
8 – 8:50am Easy & Fit - Claire
8:15 – 9:15am Chair Yoga - Kathy
8:15 – 9:15am Defend With Melissa
8:30 – 9:30am Salsaerobics - Jon
9:15 – 10:15am Gentle Yoga - Rachel H.
9:30 – 10:30am Silver & Fit - Donna
9:30 – 10:30am Total Body - Amber
10 – 11am Zumba Gold - Terumi
10:30 – 11:30am Strength- Milena
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 - Gayla
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

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 Holly
9:45 – 10:45am	MOSSA: Strength Train Together - Patty/Kathy/Fran
10:30 – 11:15am	Yoga Flow -Cristina