

YMCA of Honolulu
Live Stream Classes for May 2023

SUNDAY

8 – 9:15am PiYo - Dominique

MONDAY

6:15 – 7:15am CycleFit- Dominique
6:15 – 7am Sunrise Stretch- Carla
6:45 – 7:45am Zumba - Melinda
7 – 8am Hi-Lo Impact Aerobics- Sue
8 – 9am Jazzercise - Caroline
8 – 9am Salsaerobics - Jonell
8:15 – 9:15am MOSSA: Strength Train Together - Amber
9:15 – 10:15am Jazzercise - Caroline
9:30 – 10:15am Cardio Weights/Core -Terri
10 – 11am Y Fusion - Patty
10:30 – 11:30am Zumba - Kennie/Michelle
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 – 5:15pm Zumba - Priscilla
5:15 – 6:15pm Salsaerobics w/ Jon
5:45 – 7pm Vinyasa Yoga - Bernadette
6 – 7pm Fitness Frenzy - Kathy
6:30 – 7:30pm Zumba - Ki'i

TUESDAY

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
9:15 – 10:15am Gentle Yoga - Rachel H.
9:30 – 10:30am Zumba - Kaipo
9:30 – 10:15am Silver & Fit - Blanca
10 – 11am Zumba - Emi
10:45 – 11:30am Chair Fitness - Kaipo
11am – 12pm Zumba - Makiko
11:30am – 12:30pm Zumba Gold - Brenda
12:45 – 2pm Tai Chi - Limin
2 – 3:15pm Guided Meditation - Pre-recorded
4 – 5pm Salsaerobics- Jonell

WEDNESDAY

6:15 – 7am Sunrise Stretch- Carla
6:30 – 7:15am Cycle Fit - Dominique
7 – 8am Hi-Lo Impact Aerobics- Sue
8 – 9am Jazzercise - Caroline
8:15 – 9:15am Yoga Flow - Sarah
8:30 – 9:30am Strength & Conditioning - Allison
9:15 – 10:15am Jazzercise - Caroline
9:30 – 10:30am Zumba - Terumi

10 – 11am
10:30 – 11:30am
10:45am – 12pm
11:45am – 12:45pm
11:45am – 12:45pm
4:30 – 5:15pm
5:15 – 6:15pm
5:15 – 6:15pm
5:15 – 6:15pm
5:30 – 6:15pm

Y Fusion- Damon
Zumba - Kennie/Michelle
Gentle Yoga - Bernadette
Vinyasa Yoga - Ayako
Parkinson's - Sue B.
Zumba/Tone - Priscilla
Zumba - Kelly
Salsaerobics - Jonell
Total Body Circuit - Dominique
The Drill - Melissa

THURSDAY

6:10 – 7am
6:45 – 7:45am
7:15 – 8:15am
8 – 8:50am
8:15 – 9:15am
8:15 – 9:15am
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
1 – 2pm
2 – 3:15pm
4:30 – 5:30pm
4:45 – 5:45pm
5:15 – 6:15pm
6 – 7pm

Gentle Yoga - Rachel
Zumba - Melinda
Morning Yoga - Laurie
Tai Chi - Claire
Chair Yoga - Kathy
Defend With Melissa
Total Body - Amber
Zumba Gold - Terumi
Silver & Fit - Michele
Chair Fitness - Demetrius
Zumba Gold - Brenda
Yoga with Amber
Tai Chi Practice Self-led
Parkinson's Class with Mary Lou
Guided Meditation - Pre-recorded
Zumba Toning - Michelle H.
Zumba with Kelly
Group Blast - Dominique
MOSSA: Defend Together + Patty

FRIDAY

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

Jazzercise - Caroline
Cardio Weights & Core - Terri
Strength & Conditioning - Lee
Jazzercise - Caroline
MOSSA: Strength Train Together - Amber
Zumba - Kennie/Michelle
Salsaerobics - Jonell
Zumba Gold - Makiko & Ryoko
Yoga Flow - Bernadette
Parkinson's- Betty
Vinyasa Yoga - Ayako
Zumba - Terumi
Zumba - Melinda
Zumba - Kii

SATURDAY

8 – 9am
8 – 9am
8:15 – 9:15am
8:50 – 9:50am
9:15 – 10:15am
9:30 – 10:30am

Sculpt&Burn - Rosalie
Salsaerobics - Jonell
Zumba - Michelle Hill
Tai Chi for Arthritis & Fall Prevention - Kimiko
Chair Yoga - Kathy
The Drill with Terri

9:45 – 10:45am
10:30 – 11:15am

MOSSA: Strength Train Together - Patty/Kathy/Fran
Yoga Flow -Cristina