

**YMCA of Honolulu**  
**Live Stream Classes for November 2021**

**Sunday**

9 – 10am Total Body Circuit - Dominique  
9:15 – 10:15am Yoga Flow - Cristina

**Monday**

6:15 – 7:15am Cycle Fit - Dominique  
6:15 – 7am Gentle Yoga - Rachel H.  
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 Strength with Terri  
10 – 11am Y Fusion - Damon  
10:30 – 11:30am Zumba - Kennie/Michelle  
10:30 – 11:30am Chair Zumba - Ryoko  
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  
2:15 – 3:15pm New\* Arthritis Tai Chi - Clint Evans  
4 – 5pm Vinyasa Yoga - Amy  
4:30 – 5:30pm Zumba - Gayla  
4:30 – 5pm Low Impact Cardio -Laurie  
5:10 – 6:10pm Yogalates with Laurie  
5:15 – 6:15pm Zumba - Blanca  
5:15 – 6:15pm Zumba - Ki'i  
5:45 – 7pm Vinyasa Yoga - Bernadette  
6 – 7pm Fitness Frenzy - Kathy

**Tuesday**

6:15 – 7:15am 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  
9:15 – 10:15am Gentle Yoga - Rachel H.  
9:30 – 10:30am Silver & Fit - Donna  
9:30 – 10:30am Zumba - Kaipō  
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	New* Tai Chi - Limin
2 – 3:15pm	New* 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 – 6:15pm	Power Yoga - Ikumi
5:15 – 6pm	The Drill - Holly
6 – 7pm	Pilates with Patty

### **Wednesday**

6:30 – 7:15am	Cycle Fit - Dominique
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
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
10:30 – 11:30am	Zumba Gold - Kalani
10:30 – 11:30am	Chair Zumba - Ryoko
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
2:15 – 3:15pm	New* Arthritis Tai Chi - Clint Evans
4 – 5pm	Gentle Vinyasa Yoga- Amy
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.
5:45 – 6:45pm	Cardio Kickboxing with Mineyo

### **Thursday**

6:15 – 7:15am	Slow Flow Vinyasa - Rachel H.
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7:15 – 8:15am	Morning Yoga - Laurie
8 – 9am	POP Pilates - Jen K
8:15 – 9:15am	Chair Yoga - Kathy
8:15 – 9:15am	Defend With Melissa
8:30 – 9:30am	Salsaerobics - Jo
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	New* Tai Chi - Limin
2 – 3:15pm	New* Guided Meditation - Limin
4:30 – 5:30pm	Zumba Toning - Gayla
4:45 – 5:45pm	Zumba with Kelly
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
11:45am – 12:45pm	Vinyasa Yoga - Ayako
2:15 – 3:15pm	New* Arthritis Tai Chi - Clint Evans
4:30 – 5:30pm	Zumba - Terumi
5 – 6pm	R.I.P.P.E.D. - Dominique
5:15 – 6:15pm	Zumba - Priscilla
5:30 – 6:30pm	R.I.P.P.E.D- Dominique
6:30 – 7:30pm	Zumba - Kii

### **Saturday**

8 – 9am	Sculpt&Burn - Rosalie
8 – 9am	Salsaerobics - Jonell
8:15 – 9:15am	Zumba - Cheyne
8:15 – 9:15am	Zumba - Michelle Hill

9:15 – 10:15am	Chair Yoga - Kathy
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