

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

**Sunday**

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

**Monday**

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 – 8:50am Tai Chi - Claire  
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 with 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  
11:45am – 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  
5:45 – 7pm Vinyasa Yoga - Bernadette  
6 – 7pm Fitness Frenzy - Kathy  
6:15 – 7:15pm Zumba - Ki'i

**Tuesday**

6:10 – 7am Gentle Yoga - 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 - Kaipo  
9:30 – 10:15am Silver & Fit - Blanca  
10 – 11am Zumba - Emi  
10:30 – 11:30am MOSSA: STRENGTH - Milena  
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 - Limin  
2 – 3pm High Beginner Line Dancing - Laurie  
2 – 2:30pm Kickboxing 101- Chanel  
4 – 5pm Salsaerobics- Jonell  
6 – 7pm Pilates- Patty

6:30 – 7:30pm

**Wednesday**

6:15 – 7am

6:30 – 7:15am

7 – 8am

7:15 – 8:15am

8 – 9am

8:15 – 9:15am

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

4:30 – 5:30pm

5:15 – 6:15pm

5:15 – 6:15pm

5:30 – 6:30pm

5:30 – 6:15pm

**Thursday**

6:10 – 7am

7:15 – 8:15am

8 – 8:50am

8:15 – 9:15am

8:15 – 9:15am

8:30 – 9:30am

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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

**Friday**

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

Zumba- Margaret

Sunrise Stretch- Carla

Cycle Fit - Dominique

Hi-Lo Impact Aerobics- Sue

Tai Chi - Carol

Jazzercise - Caroline

Yoga Flow - Sarah

Strength & Conditioning - Lindsey

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

Zumba - Gayla

Zumba - Kelly

Salsaerobics - Jonell

Total Body Circuit - Dominique

The Drill - Melissa

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

Tai Chi - Carol

Jazzercise - Caroline

Step & Sculpt - Terri

Beginner Tai Chi with Carol

Strength & Conditioning - Lee

Jazzercise - Caroline

Cardio Weights - Gail

MOSSA: Strength Train Together - Amber

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
<b>Saturday</b>	
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 Terri
9:45 – 10:45am	MOSSA: Strength Train Together - Patty/Kathy/Fran
10:30 – 11:15am	Yoga Flow -Cristina