

YMCA of Honolulu
Live Stream Classes for October 2021

Sunday

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

Monday

6 – 7am Beginner Tai Chi with Carol
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 - Kaipo
10 – 11am Zumba Gold - Emi
10:30 – 11:30am Strength- Milena
10:45 – 11:30am Chair Fitness - Demetrius
11am – 12pm Zumba - Makiko

11:30am – 12:30pm Zumba Gold - Brenda
 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 IPI+LS
 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 Marianne
 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.
 7:15 – 8:15am Morning Yoga - Laurie
 8 – 9am POP Pilates - Jen K
 8:15 – 9:15am Chair Yoga - Kathy
 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, IPI + LS
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	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
3 – 4pm	Yoga Flow - Cristina
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