

YMCA of Honolulu
Live Stream Classes for July 2023

SUNDAY

8 – 9:15am PiYo - Dominique

MONDAY

6:15 – 7:15am CycleFit- Dominique
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 - Sub- Amy
10:30 – 11:30am Zumba - Kennie
10:30 – 11:30am Yoga Flow: Genie
10:45 – 11:45am Parkinson's Class - Gail
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 – 5pm Low Impact Cardio - Laurie
5:10 – 6:10pm Yogalates - Laurie
5:15 – 6:15pm Salsaerobics w/ Jon
5:45 – 7pm Vinyasa Yoga - Bernadette
6 – 7pm Fitness Frenzy - Sub- Susan
6:30 – 7:30pm Zumba - Ki'i

TUESDAY

6:10 – 7am Slow Flow Vinyasa - Rachel H.
7 – 8am Defend- Melissa
7:15 – 8:15am Morning Yoga - Laurie
8:15 – 9:15am Chair Yoga - Kathy
8:15 – 9:15am MOSSA Strength- Terri
8:30 – 9:30am Salsaerobics - Jonell
8:45 – 9:45am PiYo - Amy
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 - Melinda/Blanca
12:45 – 2pm Tai Chi - Limin
2 – 3:15pm Guided Meditation - Limin
4 – 5pm Salsaerobics- Jonell
6 – 7pm Pilates - Sub- Susan

WEDNESDAY

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 - Sub- Dominique
9:15 – 10:15am Jazzercise - Caroline
9:30 – 10:30am Zumba - Terumi

10 – 11am	Y Fusion- Damon
10:30 – 11:30am	Zumba - Kennie
10:45am – 12pm	Gentle Yoga - Bernadette
11:30am – 12:30pm	Parkinson's - Sue B.
11:30am – 12:15pm	Zumba Gold with Maile
11:45am – 12:45pm	Vinyasa Yoga - Ayako
12:30 – 1:30pm	Gentle Yoga with Maile
5 – 6pm	Zumba/Tone - Margaret
5:15 – 6:15pm	Zumba - Kelly
5:15 – 6:15pm	Salsaerobics - Jonell
5:15 – 6:15pm	Total Body Circuit - Dominique

THURSDAY

6:10 – 7am	Gentle Yoga - Rachel
6:45 – 7:45am	Zumba - Melinda
7:15 – 8:15am	Restorative Yoga- Laurie
8 – 8:50am	Tai Chi - Claire
8:15 – 9:15am	Chair Yoga - Kathy
9:30 – 10:30am	Total Body - Amber
10 – 11am	Vinyasa Yoga- Genie
10 – 11am	Zumba Gold - Sub- Emi
10:30 – 11:15am	Silver & Fit - Cat
10:45 – 11:30am	Chair Fitness - Demetrius
11:30am – 12:30pm	Zumba Gold - Melinda/Blanca
11:45am – 12:45pm	Yoga with Amber
12:45 – 2pm	Tai Chi Practice Self-led
1 – 2pm	Parkinson's Class with Mary Lou
2 – 3:15pm	Guided Meditation - Limin
4:30 – 5:30pm	Zumba - Michelle H.
4:45 – 5:45pm	Zumba with Kelly
5:15 – 6:15pm	Group Blast - Dominique
6 – 7pm	MOSSA: Defend Together- Sub- Frannie
6:45 – 7:45pm	PiYo- Amy

FRIDAY

8 – 9am	Jazzercise - Caroline
8:15 – 9:15am	Cardio Weights & Core - Terri
8:30 – 9:30am	Strength & Conditioning - Lee
9:15 – 10:15am	Jazzercise - Caroline
9:30 – 10:30am	MOSSA: Strength Train Together - Amber
10 – 11am	Zumba Toning with Margaret
10:30 – 11:30am	Zumba - Kennie
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
4:30 – 5:30pm	Zumba - Sub- Kelly(IP + LS)
5:15 – 6:15pm	Zumba - Melinda
6:30 – 7:30pm	Zumba - Kii

SATURDAY

8 – 9:15am	Cardio Blast - Janie
8 – 9am	Sculpt&Burn - Rosalie
8 – 9am	Salsaerobics - Jonell
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	The Drill with Terri

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