

**YMCA of Honolulu**  
**Live Stream Classes for September 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 HI/LO with Melissa  
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  
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 - Melinda  
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 Defend with Melissa  
8:30 – 9:30am Salsaerobics - Jonell  
9:15 – 10:15am Gentle Yoga - Rachel H.  
9:30 – 10:30am Seated Functional Fitness - 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 New! Zumba Gold - Brenda  
11:45am – 12:30pm Fitness for Arthritis - Gail  
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**

7:15 – 8:15am Tai Chi - Carol  
8 – 9am Jazzercise - Caroline  
8:15 – 9:15am Yoga Flow - Sarah IPI+LS

8:30 – 9:30am	HIIT & Core - Lee
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
4 – 5pm	Gentle Vinyasa Yoga- Amy
4 – 5pm	MOSSA: Strength Train Together - Amber
4:30 – 5:30pm	Zumba - Gayla
5:15 – 6:15pm	Zumba - Melinda
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	Seated Functional Fitness - 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	New! Zumba Gold - Brenda
11:45am – 12:45pm	Yoga with Amber, IPI + LS
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
9:40 – 10:40am	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
3 – 4pm	Yoga Flow - Cristina
4:30 – 5:30pm	Zumba - Terumi
5 – 6pm	R.I.P.P.E.D. - Dominique
5:15 – 6:15pm	NEW! Zumba - Priscilla
5:30 – 6:30pm	R.I.P.P.E.D- Dominique
6:30 – 7:30pm	Zumba - Kii

### Saturday

8 – 9am

8 – 9am

8:15 – 9:15am

8:15 – 9:15am

9:15 – 10:15am

9:30 – 10:30am

9:45 – 10:45am

Sculpt&Burn - Rosalie

Salsaerobics - Jonell

Zumba - Cheyne

Zumba - Michelle Hill

Chair Yoga - Kathy

The Drill with Holly

MOSSA: Strength Train Together - Patty/Kathy/Fran