

**YMCA of Honolulu**  
**Live Stream Classes for August 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 Tai Chi for Arthritis & Fall Prevention\*- Skip & Carol  
8:30 – 9:30am Zumba with Kelly  
9:15 – 10:15am Jazzercise - Caroline  
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 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  
10:45 – 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     | Zumba- Margaret                     |

### **WEDNESDAY**

|                   |   |
|-------------------|---|
| 6:15 – 7am        | Sunrise Stretch- Carla                        |
| 6:30 – 7:15am     | Cycle Fit - Dominique                         |
| 7 – 8am           | Hi-Lo Impact Aerobics- Sue                    |
| 7:15 – 8:15am     | Tai Chi - Carol                               |
| 8 – 9am           | Jazzercise - Caroline                         |
| 8:15 – 9:15am     | Yoga Flow - Sarah                             |
| 8:30 – 9:30am     | Strength & Conditioning - Lindsey             |
| 8:30 – 9:30am     | Tai Chi for Arthritis & Fall Prevention- Skip |
| 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                       |
| 10:45am – 12pm    | Gentle Yoga - Bernadette                      |
| 11:45am – 12:45pm | Vinyasa Yoga - Ayako                          |
| 11:45am – 12:45pm | Parkinson's - Sue B.                          |
| 1:30 – 2:30pm     | Parkinson's Class with Mary Lou               |
| 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     | The Drill - Melissa                           |

### **THURSDAY**

|                 |                         |
|-----------------|-------------------------|
| 6:10 – 7am      | Gentle Yoga - Rachel H. |
| 7:15 – 8:15am   | Morning Yoga - Laurie   |
| 8 – 8:50am      | Tai Chi - Claire        |
| 8:15 – 9:15am   | Chair Yoga - Kathy      |
| 8:15 – 9:15am   | Defend With Melissa     |
| 8:30 – 9:30am   | Salsaerobics - Jon      |
| 9:15 – 10:15am  | Gentle Yoga - Rachel H. |
| 9:30 – 10:30am  | Total Body - Amber      |
| 10 – 11am       | Zumba Gold - Terumi     |
| 10:30 – 11:15am | Silver & Fit - Michele  |

|                   |                                |
|-------------------|--------------------------------|
| 10:45 – 11:30am   | Chair Fitness - Demetrius      |
| 11:30am – 12:30pm | Zumba Gold - Brenda            |
| 11:45am – 12:45pm | Yoga with Amber                |
| 12:45 – 2pm       | Tai Chi - Limin                |
| 2 – 3:15pm        | Guided Meditation - Limin      |
| 4:30 – 5:30pm     | Zumba Toning - Gayla           |
| 4:45 – 5:45pm     | Zumba with Kelly               |
| 5:15 – 6:15pm     | Group Blast - Dominique        |
| 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                 |
| 11:15am – 12:15pm | Parkinson's- Betty                     |
| 11:45am – 12:45pm | Vinyasa Yoga - Ayako                   |
| 4:30 – 5:30pm     | Zumba - Terumi                         |
| 5:15 – 6:15pm     | Zumba - Priscilla                      |
| 6:30 – 7:30pm     | Zumba - Kii                            |

### SATURDAY

|                 |  |
|-----------------|--|
| 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                             |
| 10:30 – 11:15am | Yoga Flow -Cristina                              |