



YMCA of Honolulu Live Stream & In Person Group Exercise Schedule January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am-7:00am Sunrise Spin Dominique - Nu'uauu IPO + LS	6:15am-7:15am Slow Flow Vinyasa Rachel H. - Mililani LS	7:15am-8:15am Tai Chi Carol - Nu'uauu IPI + LS	6:15am-7:15am Slow Flow Vinyasa Rachel H. - Mililani LS	6:15am-7:00am Sunrise Spin Lee - Nu'uauu IPO	8:00am-9:00am Sculpt Burn Rosalie - Kaimuki IPI + LS
7:15am-8:15am Tai Chi Carol - Nu'uauu IPI + LS	7:15am-8:15am Morning Yoga Laurie - Nu'uauu IPI + LS	7:30am-8:15am Spin Lee - Nu'uauu IPO	7:15am-8:15am Morning Yoga Laurie - Nu'uauu IPI + LS	7:15am-8:15am Tai Chi Carol - Nu'uauu IPI + LS	8:00am-8:45am Aqua Zumba Lite Brenda - Kaimuki Pool
8:00am-9:00am Salsaerobics Jonell - Leeward IPI + LS	8:00am-9:00am Cardio Weights/Core Gail - Leeward IPI + LS	8:00am-9:00am Water In Motion Jen - Mililani Pool	8:00am-9:00am Aqua Zumba Lite Brenda - Kaimuki Pool	8:00am-8:45am Aqua Fit - Kaimuki Pool	8:15am-9:15am Zumba Yashia - Windward IPI + LS
8:00am-8:50am Easy & Fit Linda - Mililani IPI	8:00am-9:00am Aqua Zumba Lite Blanca - Kaimuki Pool	8:00am-8:45am Aqua Fit - Kaimuki Pool	8:00am-8:50am Easy & Fit Linda - Mililani IPI	8:00am-9:00am Jazzercise Caroline - Kaimuki IPI + LS	9:15am-10:15am Chair Yoga Kathy - Kaimuki IPI + LS
8:00am-9:00am Water In Motion Jen - Mililani Pool	8:15am-9:15am MOSSA: Defend Together Melissa - Windward IPI + LS	8:00am-9:00am Jazzercise Caroline - Kaimuki IPI + LS	8:15am-9:15am MOSSA: Defend Together Melissa - Windward IPI + LS	8:30am-9:30am Strength & Conditioning Lee - Nu'uauu IPI + LS	11:00am-11:45am Aqua Lite Kathy - Kaimuki Pool
8:00am-9:00am Jazzercise Caroline - Kaimuki IPI + LS	8:15am-9:15am Chair Yoga Kathy - Kaimuki IPI + LS	8:15am-9:15am Zumba Yashia - Windward IPI + LS	8:15am-9:15am Chair Yoga Kathy - Kaimuki IPI + LS	8:30am-9:30am Zumba Brandi - Kalihi IPO	SUNDAY
8:15am-9:15am MOSSA: Strength Train Together Amber K. - Windward IPI + LS	8:30am-9:30am Salsaerobics Jonell - Mililani IPI + LS	8:30am-9:30am HIIT & Core Lee - Nu'uauu IPI + LS	8:30am-9:30am Salsaerobics Jonell - Nu'uauu IPI + LS	9:00am-9:45am Aqua Fit - Kaimuki Pool	8:00am-9:00am Total Body Circuit Dominique - Mililani LS
8:30am-9:30am Zumba Brandi - Kalihi IPO	9:00am-9:45am Aqua Zumba - Leeward Pool	8:30am-9:30am Tai Chi for Arthritis Toshimi - Kalihi IPO	8:30am-9:30am Hot Hula Socee - Kalihi IPO	9:00am-9:45am Aqua Zumba - Leeward Pool	9:15am-10:15am Yoga Flow Cristina - Kaimuki LS
9:00am-9:45am Aqua Zumba - Leeward Pool	9:15am-10:15am Gentle Yoga Rachel H. - Leeward IPI + LS	9:00am-9:45am Aqua Zumba - Leeward Pool	9:00am-9:45am Aqua Zumba - Leeward Pool	9:15am-10:15am Jazzercise Caroline - Kaimuki IPI + LS	Schedule subject to change.
9:10am-10:10am Aqua Zumba Jen - Mililani Pool	9:30am-10:30am Seated Function Fitness Donna - Kaimuki IPI + LS	9:00am-9:45am Aqua Fit - Kaimuki Pool	9:00am-9:45am Aqua Tai Chi Todd - Kaimuki Pool	9:15am-10:15am Cardio Weights Gail - Leeward IPI + LS	\$- Jazzercise costs an additional \$15 per month to participate in unlimited classes for the month. This fee must be prepaid prior to registering.
9:15am-10:15am Jazzercise Caroline - Kaimuki IPI + LS	9:30am-10:30am Zumba Kaipo - Windward IPI + LS	9:10am-10:10am Aqua Zumba Jen - Mililani Pool	9:15am-10:15am Gentle Yoga Rachel H. - Leeward IPI + LS	9:15am-10:00am Aqua Zumba Jen K. - Windward Pool	
9:15am-10:15am Cardio Weights Gail - Leeward IPI + LS	9:45am-10:30am Easy & Fit Marilyn - Mililani IPI	9:15am-10:15am Cardio Weights Gail - Leeward IPI + LS	9:30am-10:30am Total Body Amber K. - Windward IPI + LS	9:30am-10:30am Total Body Amber K. - Windward IPI + LS	
9:15am-10:15am H2O Fit Betty - Windward Pool	10:00am-11:00am Total Body Conditioning Brandi - Kalihi IPO	9:15am-10:15am Jazzercise Caroline - Kaimuki IPI + LS	9:30am-10:30am Seated Function Fitness Donna - Kaimuki IPI + LS	10:00am-11:00am Seated Fitness Brandi - Kalihi IPO	
10:00am-11:00am Y Fusion Damon - Nu'uauu IPI + LS	10:00am-11:00am Zumba Gold Heather - Nu'uauu LS	9:15am-10:15am MOSSA: Defend Together Claire - Mililani IPI	10:00am-11:00am Total Body Conditioning Brandi - Kalihi IPO	10:30am-11:30am Zumba Kennie/Michelle - Kaimuki IPI + LS	GROUP EXERCISE CLASS KEY: IPO: In-Person Outside IPI: In-Person Inside LS: Live Stream Light Blue Color: Pool Classes
10:00am-11:00am Seated Fitness Brandi - Kalihi IPO	10:00am-10:45am Aqua Lite Kathy - Kaimuki Pool	9:15am-10:00am Aqua Zumba Kaipo - Windward Pool	10:00am-11:00am Zumba Gold Heather - Nu'uauu LS	10:30am-11:30am Salsaerobics Jonell - Leeward IPI + LS	
10:30am-11:30am Chair Zumba Ryoko - Mililani IPI + LS	10:30am-11:30am MOSSA: Strength Train Together Rachel A. - Leeward IPI + LS	10:00am-11:00am Y Fusion Damon - Nu'uauu IPI + LS	10:00am-10:45am Aqua Lite Kathy - Kaimuki Pool	10:30am-11:30am Zumba Gold Makiko & Ryoko - Mililani IPI + LS	
10:30am-11:30am Zumba Ki'i - Leeward IPI + LS	10:45am-11:30am Chair Fitness Melissa - Windward IPI + LS	10:00am-11:00am Yang Tai Chi Toshimi - Kalihi IPO	10:30am-11:30am MOSSA: Strength Train Together Rachel A. - Leeward IPI + LS	10:45am-11:45am Yoga Flow Bernadette - Windward LS	
10:45am-11:45am Vinyasa Yoga Jacqueline - Windward IPI + LS	11:00am-12:00pm Zumba Makiko - Mililani IPI + LS	10:30am-11:30am Chair Zumba Ryoko - Mililani IPI + LS	10:45am-11:30am Chair Fitness Demetrius - Windward IPI + LS	1:15pm-2:00pm H2O Fit Heather - Nu'uauu Pool	Need help? Online Reservation Guide: 
11:30am-12:30pm Zumba Kennie/Michelle - Kaimuki IPI + LS	11:45am-12:30pm Fitness for Arthritis Gail - Leeward LS	10:30am-11:30am Zumba Kennie/Michelle - Kaimuki IPI + LS	11:45am-12:45pm Fitness for Arthritis Jenny - Nu'uauu LS	3:00pm-4:00pm Sunrise Yoga Cristina - Kaimuki LS	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45am-12:45pm Zumba Ryoko - Mililani IPI + LS	2:00pm-3:00pm High Beginner Line Dancing Laurie - Mililani IPI + LS	10:45am-11:45am Gentle Yoga Bernadette - Windward LS	4:00pm-5:00pm Zumba Ki'i - Leeward IPI + LS	4:00pm-5:00pm Vinyasa Yoga Rachel H. - Leeward IPI + LS
11:45am-12:30pm Parkinson's Gail - Leeward LS	4:00pm-5:00pm Zumba Ki'i - Leeward IPI + LS	11:45am-12:45pm Chair Yoga Claire - Mililani IPI	4:00pm-5:00pm Barre Jillian - Mililani IPI + LS	4:15pm-5:15pm Zumba Gold Brenda - Kaimuki IPI + LS
1:15pm-2:00pm H2O Fit Jenny - Nu'uuanu Pool	4:00pm-5:00pm Barre Jillian - Mililani IPI + LS	11:45am-12:30pm Parkinson's Jenny - Nu'uuanu LS	5:00pm-6:00pm MOSSA: Defend Together Patty - Nu'uuanu IPI + LS	4:30pm-5:30pm Zumba Terumi - Nu'uuanu IPI + LS
3:45pm-4:45pm Zumba Gayla - Nu'uuanu IPI + LS	4:45pm-5:45pm MOSSA: Strength Train Together Fran - Nu'uuanu IPI + LS	1:15pm-2:00pm H2O Fit Betty - Nu'uuanu Pool	5:00pm-6:00pm Zumba Gabby - Kalihi IPO	5:00pm-6:00pm R.I.P.E.D. Dominique - Mililani LS
4:00pm-5:00pm RIPPED Rumble Ki'i - Leeward IPI	5:00pm-6:00pm Zumba Diana - Kalihi IPO	4:00pm-5:00pm MOSSA: Strength Train Together Rachel A. - Leeward IPI + LS	5:15pm-6:15pm Zumba Leeann - Mililani IPI + LS	5:30pm-6:25pm MOSSA: Strength Train Together Val - Mililani IPI + LS
5:00pm-6:00pm Fitness Frenzy Kathy - Nu'uuanu IPI + LS	5:15pm-6:15pm Power Yoga Ikumi - Mililani IPI + LS	4:15pm-5:15pm Zumba Gayla - Nu'uuanu IPI + LS	5:15pm-6:15pm POP Pilates Rachel A. - Leeward IPI + LS	5:30pm-6:30pm Zumba Crizel - Leeward IPI + LS
5:00pm-6:00pm Zumba Lydia - Kalihi IPO	5:15pm-6:00pm The Drill Holly - Windward IPI + LS	4:15pm-5:15pm Zumba Leeann - Mililani IPI + LS	5:15pm-6:15pm Bootcamp Instructor - Leeward IPO	Schedule subject to change.
5:15pm-6:15pm Zumba Crizel - Leeward IPI + LS	5:15pm-6:15pm POP Pilates Rachel A. - Leeward IPI + LS	5:00pm-6:00pm Zumba Lydia - Kalihi IPO	5:15pm-6:00pm H2O Fit Betty - Windward Pool	
5:30pm-6:25pm MOSSA: Strength Train Together Val - Mililani IPI + LS	5:15pm-6:15pm Bootcamp Instructor - Leeward IPO	5:15pm-6:15pm Cardio Dance Crizel - Leeward IPI + LS	5:30pm-6:30pm Zumba Toning Gayla - Windward IPI + LS	GROUP EXERCISE CLASS KEY: IPO: In-Person Outside IPI: In-Person Inside LS: Live Stream Light Blue Color: Pool Classes
6:00pm-7:00pm Vinyasa Yoga Bernadette - Windward LS	5:15pm-5:55pm Water In Motion Jen K. - Nu'uuanu Pool	5:30pm-6:30pm Total Body Circuit Dominique - Mililani LS	6:15pm-5:55pm Aqua Zumba Jen K. - Nu'uuanu Pool	
6:15pm-7:15pm Zumba Melinda - Kaimuki LS	5:15pm-6:00pm Aqua Zumba Amber - Windward Pool	6:15pm-7:15pm Zumba Melinda - Kaimuki LS		
	6:00pm-7:00pm Yoga Flow Deborah - Nu'uuanu LS			

Make an online reservation here:



www.ymcahonolulu.motionvibe.com

Need help? Online Reservation Guide here:



www.ymcahonolulu.org/virtual-y/live-group-exercise