

**ELEMENT FITNESS**  
**ENERGY STUDIO SCHEDULE**  
 7880 Quivira, Lenexa, KS (913) 268-3633  
 www.elementfitnesskc.com

**October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 – 6:30 AM <b>LES MILLS BODYPUMP</b> PATTY	5:30 - 6:15 AM <b>RIDE EXPRESS</b> ELISA	5:30 – 6:30 AM <b>BODY PUMP/TONE COMBO CLASS</b> JEN	7:00 - 8:00 AM <b>Circuit</b> RAQUEL		
8:00 – 9:00 AM <b>STEP IT UP WEIGHTS</b> TERRI	8:30 – 9:30 AM <b>CARDIO BLAST</b> RAQUEL			8:15 - 9:00 AM <b>TABATA</b> RAQUEL	9:00AM - 9:30AM <b>LES MILLS sprint</b> KATIE	8:15-8:55 AM <b>RIDE EXPRESS</b> ELISA
9:05-10:05 AM <b>RIDE</b> ASHLEY	9:35 – 10:30 AM <b>TOTAL BODY STRENGTH</b> ANGELA	8:15 - 9:00 AM <b>TABATA</b> RAQUEL	8:30-9:30 AM <b>STEP IT UP ABS</b> TERRI	9:05 - 10:05 AM <b>RIDE &amp; ARMS/ABS</b> RAQUEL	9:35–10:35 AM <b>LES MILLS BODYPUMP</b> JEN	9:00 – 9:55 AM <b>LES MILLS BODYCOMBAT</b> PATTY
10:45 – 11:40 AM <b>SILVER SNEAKERS CLASSIC</b> LUCY	10:35 – 11:30 AM <b>SILVERSNEAKERS CARDIO</b> SHERI	9:05-10:05 AM <b>RIDE &amp; MEDITATION</b> ASHLEY	10:45 – 11:40 AM <b>SILVERSNEAKERS CARDIO</b> GINA	10:45 – 11:40 AM <b>SILVERSNEAKERS CIRCUIT</b> CRYSTAL	10:40 -11:40 AM <b>WERQ</b> MARISA	10:00 – 10:55 AM <b>TOTAL BODY STRENGTH</b> ANGELA/RAQUEL
11:45 AM – 12:45 PM 25 / 20 / 15 TERRI	11:35 - 12:35 PM <b>CHAIR YOGA</b> SHERI	10:45 – 11:40 AM <b>SILVERSNEAKERS CLASSIC</b> LISA B			11:45 – 12:15 PM <b>Glutes &amp; Abs</b> RAQUEL	
	2:00 – 2:55 PM <b>SILVERSNEAKERS CLASSIC</b> BETH	11:45 AM – 12:45 PM 25 / 20 / 15 TERRI	2:00 – 2:55 PM <b>SILVERSNEAKERS CLASSIC</b> SANDEE		12:30 - 1:30 PM <b>CHAIR YOGA</b> JANET	
5:15 – 6:00 PM <b>LES MILLS BODYPUMP</b> <b>Express</b> RACHEL	5:00 - 5:30 PM <b>LES MILLS BODYCOMBAT</b> <b>Express</b> PATTY		5:00 - 5:30 PM <b>LES MILLS BODYCOMBAT</b> <b>Express</b> PATTY			
6:05 - 6:35 PM <b>LES MILLS BODYATTACK</b> <b>Express</b> ANGELA	5:35 – 6:30 PM <b>LES MILLS BODYPUMP</b> RACHEL	5:30-6:25 PM <b>ZUMBA FITNESS</b> ESTER	5:35 – 6:15 PM <b>LES MILLS BODYPUMP</b> PATTY		<b>CLUB HOURS</b> MON- THURS: 5:00 AM - 11:00 PM FRIDAY: 5:00 AM – 10:00 PM SAT & SUN: 7:30 AM – 8:00 PM www.elementfitnesskc.com	
	6:35-7:15 PM <b>HIIT</b> CASSANDRA	6:30-7:15 PM <b>HIP HOP RIDE</b> <i>*explicit</i> MARISA	6:20 -7:05PM <b>WERQ</b> <b>LIKE A BOSS</b> ELIZABETH			

## STRENGTH:



**BODYPUMP®** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for and fast.

**Total Body Strength:** A strength and endurance class that challenges nearly every muscle. Tighten, tone, and strengthen the entire body using dumbbells, barbells, body bars, tubes, balls, Pilates rings, medicine balls, and/or your own body weight for resistance.

**Sweat & Sculpt:** High-intensity interval training (HIIT) workout. Combines a variety of strength exercises and doing large bursts of high-energy work to drive the heart rate up. Great to get a quick workout in if you're short on time and to fun hip hop music!

**25 /20/15:** 25 minutes of basic step, 20 minutes of resistance training with weights, tubes, and/or bands, and 15 minutes of stretching. Get all three components of fitness in one class!

**Barbells:** A strength based class utilizing barbells and weights!

## CARDIO:



**BODYCOMBAT** is the fiercely energetic martial arts workout where you are totally unleashed and empowered. Supported by driving music and powerful role model instructors, you strike, punch, and kick your way through calories to superior cardio fitness.



**BODYATTACK™** is a high energy, athletic and fun workout that delivers functional fitness for everyday life. Requiring no equipment, it's an easy program to accommodate in your studio. The choreography is designed to appeal to all fitness levels, from beginners through to the weekend athlete.

**RIDE** : A 45-55 minute **RIDE** class set to music and appropriate for all fitness levels. Class does not necessarily follow any specific energy zone but may be a specialty ride with a specific purpose or the instructor's choice.

**ZUMBA** : The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.



**WERQ** : A wildly addictive cardio dance class based on the latest pop and hip-hop music. Non-stop with repetitive moves so you get your best sweat!

**WerQ Like A Boss:** 1/2 Dance Cardio, 1/4 Strength, and 1/4 Mobility!

**Rapid Fit:** High-intensity interval training (HIIT) workout. Combines a variety of cardio exercises and strength exercises for timed intervals! Great to get a quick workout in if you're short on time!

**TABATA/CIRCUIT:** Circuit training using a mix of both weight and cardio exercises for an all-body workout.

**25 /20/15:** 25 minutes of basic step, 20 minutes of resistance training with weights, tubes, and/or bands, and 15 minutes of stretching. Get all three components of fitness in one class!

**Step It Up:** A freestyle step class with a touch of weight or abdominal strength sections.

**Power Piyo:** A fusion class combining cardio, pilates, and yoga all in one!



**sprint** : Sprint is a 30 minute HIIT workout using a bike for fast results!!

**Hip Hop Ride \*explicit:** An upbeat 45 minute cycling class to fun hip hop hits (music will be explicit)

## SILVERSNEAKERS:

**SilverSneakers Cardio:** Get up and go with an aerobics class that's safe, heart-healthy, and gentle on the joints. The workout includes easy-to-follow, low-impact movement, and upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

**SilverSneakers Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Chair Yoga:** is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This type of yoga uses adaptations of traditional poses and invites you to find mobility in a way that is gentle but is also supportive and beneficial. Providing more in-depth clarification on postures, and various levels of intensity.

\*\* Geared for beginners, seniors, post-rehab, pre- and post-natal, and anyone who desires a lower music volume

**ELEMENT FITNESS**  
**MIND & BODY STUDIO SCHEDULE**  
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**October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30 - 6:15 AM <b>BARRE</b> JENNIFER/JACKIE			8:30-9:30 AM <b>BARRE</b> JENNIFER	9:00 – 10:00 AM <b>Hip Hop BARRE</b> TOMIKA
9:00 – 10:00 AM <b>POWER PILATES</b> SHERI	9:30 - 10:20 AM <b>PILATES MAT</b> SHERI	9:00 - 9:45 AM <b>RESTORE &amp; RECOVER</b> SARAI	8:30 - 9:30 AM <b>STRETCH FLOW &amp; ROLL</b> JAMIE	9:35 –10:35 AM <b>YOGA FLOW</b> CINDY	11:00AM -12:00 PM <b>YOGA FOR ATHLETES</b> SARAI & ALT.	10:05-11:00 AM <b>RESTORATIVE YOGA</b> SARAI & ALT.
10:05 - 11:00 AM <b>SIMPLY STRETCH</b> SHERI	10:30-11:30 AM <b>MIXED LEVEL YOGA</b> JANET	9:50 – 10:50 AM <b>MIXED LEVEL YOGA</b> SARAI	9:45 - 10:45 AM <b>YOGA BASICS **</b> CINDY	10:40-11:40 AM <b>YOGA FOR BEGINNERS</b> SARAI		
		11:00 - 12:00 PM <b>YOGA FOR BEGINNERS</b> LIV	11:00 - 12:00 PM <b>VINYASA FLOW</b> LIV	11:45AM-12:30PM <b>SIMPLY STRETCH</b> SHERI		
5:30 – 6:30 PM <b>BARRE</b> JACKIE	5:10 – 6:10 PM <b>Hip Hop BARRE</b> <i>*Explicit</i> TOMIKA		5:45 – 6:45 PM <b>SOUL FLOW</b> MALIA	5:30 – 6:30 PM <b>SLOW FLOW</b> ASHANTI	<b><u>CLUB HOURS</u></b>  <b>MON- THURS: 5:00 AM - 11:00 PM</b> <b>FRIDAY: 5:00 AM -10:00 PM</b> <b>SAT - SUN: 7:30 AM - 8:00 PM</b> <a href="http://www.elementfitnesskc.com">www.elementfitnesskc.com</a>	
6:35 - 7:35 PM <b>YIN YOGA</b> DYLAN	6:15 - 7:15 PM <b>YOGA FLOW</b> LIV	5:30 – 6:30 PM <b>SLOW FLOW</b> ASHANTI				
		6:35 - 7:35 PM <b>VIN/RESTORATIVE</b> SARAI				

## Class Descriptions

### **LES MILLS BODYBALANCE**

: a yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches and poses to music creates a holistic workout that brings the body into a state of harmony and balance.

**Barre:** combines attributes of Pilates, dance, and functional fitness training. We incorporate small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates the upper and lower body to make every minute count.

**Mixed level Vinyasa Flow:** Yoga that combines alignment, breath and holding the poses to connect the mind and body. Students combine movement and breath to create a 'vinyasa flow.' This class cultivates balance, flexibility, strength, and endurance while exploring a variety of mixed level poses.

**\*\*Yoga Basics:** A gentle workout that enables nearly everybody to enjoy a yoga practice and promote increased activity for better health.

**Mixed Level Yoga:** Find your new edge with mixed level yoga poses and sequences. Suitable for beginners or Yogis that are looking to deepen their practice.

**Pilates Mat:** A class that is the perfect balance of strength and flexibility as we put a big focus on the "powerhouse" of the body - the core! This class is great for improving posture, improving flexibility, strengthening the core, preventing injury, enhancing sports performance and more! If you're looking for your next great core challenge, this class is it!

**Restore & Recover:** This 30-minute class is focused on releasing tension and restriction in different areas of the body, allowing us to be able to move better. We will use tennis balls, lacrosse balls, foam rollers and pnf stretching to help correct imbalances that occur over time.

**Restorative Yoga:** We will restore our bodies and minds to a place of peace and homeostasis, using props including blankets, bolsters and blocks to cultivate a healing environment. This class includes incredibly relaxing passive stretches held for several minutes with the intent of balancing the autonomic nervous system. This is an hour of relaxation and self-care.

**Simply Stretch:** Flexibility is one of the key elements of well-being. Moving gently through a variety of stretches for the body will increase your range of motion, reduce both muscle and joint pain while enhancing flexibility. A variety of tools/equipment will be used including straps, exercise balls, blocks and fascia balls. Regardless of where you are in your fitness journey, everyone will benefit from 45 minutes of stretching!

**Stretch Flow & Roll:** A synergy of basic core strength and stretching exercises with foam rolling techniques. Come give this unique combo a try!

**Yin/Yang Yoga:** Class begins with a yang flow to develop muscular strength and flexibility. Then transitions to long held passive yin poses that may incorporate foam rollers, restorative bolsters, or straps to help work on the deep, dense (YIN) connective tissues and joints in the body.

**Yoga Flow:** A mixed level vinyasa (breath synchronized) flow class that warms the body, balances the nervous system, and revitalizes the mind and body.

**Yoga Lift:** We will flow through a challenging Hatha yoga class, adding in light hand weights to challenge our balance and increase our strength while improving our flexibility and mindfulness

**Power Pilates:** Power Pilates is a format that blends cardio, strength training, Pilates and stretching to maximize results. It incorporates body sculpting, strength and resistance training with weights, bands and Pilates balls.

**Yoga For Athletes:** a functional yoga class geared towards stretching and strengthening movements for your everyday athletes and weightlifters.

**Sunrise Stretch:** a slow flow to start your day the right way!

**Vin/Yin Yoga:** a 30 minute vinyasa flow and 30 minutes of yin yoga. A great class to go at your own pace!

**Vin/Restorative Yoga:** a 30 minute vinyasa flow followed by 30 minutes of restorative yoga. The perfect class to work up a quick sweat and then restore and relax before bed!

**Slow Flow:** a slow paced vinyasa flow that focuses on deepening poses, strengthening around your joints, and stretching.

**Soul Flow:** an upbeat, high-energy flow that will get you sweating! The use of music creates a fun, soulful, and self paced practice in this hour Vinyasa flow class.

**Vinyasa Yoga:** a dynamic and rhythmic style of yoga that links postures and breath in a seamless flow.

\*\*beginners, seniors, post-rehab, and pre- and post-natal. All classes are subject to change or cancellation at any time.

**Weather policy – If SMSD closes, 5:30am classes will be automatically canceled. A decision for classes held 8:00am-12:00p will be made by 7:00a. A decision for classes held 2:00pm-7:00pm will be made by 12:00p. For the quickest way to find out if a class is canceled, please call the front desk at (913) 268-3633.**

**Questions/Comments Email Hunter Jones, Fitness Director, at [hunter@elementfitnesskc.com](mailto:hunter@elementfitnesskc.com)**