November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30 - 6:15 AM ***RIDE*** *ELISA*			ELEMENT FITNESS	
8:00 – 8:30 AM **STEP IT UP*30*** *TERRI*			**8:00 - 8:25 AM** **CARDIO KICKBOXING** *ANDY*	**7:45 - 8:25 AM** **STRETCH FLOW & ROLL** *JAMIE*		
8:35 AM – 9:20 AM ***RIDE*** *ASHLEY*	**8:15 AM – 9:00 AM** ***20 / 20 / 5*** *TERRI*	**8:15 - 9:00 AM** **TABATA** *ANNA*	**8:30 –9 :15 AM** **STRENGTH & SCULPT** *RACHEL*	**8:30 - 9:00 AM** **TABATA30** *ANNA*	**8:00—8:45 AM** **BARRE** *MARISA*	
9:25 - 10:05 AM **POWER PILATES** SHERI	**9:05 – 9:50 AM** **TOTAL BODY STRENGTH** *PORTIA*	**9:05 - 9:50 AM** ***RIDE*** **& MEDITATION** *ASHLEY*	**9:20 –10 :05 AM** **YOGA BASICS**** *CINDY*	**9:05 – 9:50 AM** **YOGA FLOW** CINDY	**8:50 —9:35 AM** **CARDIO KICKBOXING** *ANDY*	**9:00 – 9:45 AM** ***RIDE*** *ELISA*
10:10 - 10:40 AM **SIMPLY STRETCH** SHERI	**9:55 – 10:40 AM** **PILATES MAT** *SHERI*	**9:55-10:40 AM** **BARRE** *AIMEE*	**10:45 – 11:40 AM** **SILVERSNEAKERS** **CARDIO** *GINA*	**10:45 – 11:40 AM** **SILVERSNEAKERS** **CIRCUIT** *CRYSTAL*	**9:40—10:35 AM** **STRENGTH & SCULPT** *TRISH*	**9:50 – 10:35 AM** **TOTAL BODY STRENGTH** *PORTIA*
10:45 – 11:40 AM **SILVER SNEAKERS** **CLASSIC** *JO*	**10:45 – 11:40 AM** **SILVERSNEAKERS** **CARDIO** *SHERI*	**10:45 – 11:40 AM** **SILVERSNEAKERS** **CLASSIC** *LISA B*	**11:45 - 12:45 PM** **CHAIR YOGA** *JANET*	**11:45 AM – 12:30 PM** ***20 / 20 / 5*** *TERRI*	**10:45 - 11:30 PM** **MIXED LEVEL FLOW** JANET	
	11:45 - 12:45 PM **CHAIR STRETCH &** **BALANCE** *SHERI*		**2:00 – 2:55 PM** **SILVERSNEAKERS** **CLASSIC** *PORTIA*	**12:35 - 1:20 PM** **SIMPLY STRETCH** SHERI / PORTIA		
5:30 - 6:10PM **BARRE** JACKIE	**2:00 – 2:55 PM** **SILVERSNEAKERS** *SANDEE*	**5:20 - 6:05PM** **BARRE** PORTIA	**5:20 -6:05 PM** **TABATA** *ANNA*			
6:15 - 7:00pm **WERQ** *CJ*	**5:30 – 6:15 PM** **STRENGTH & SCULPT** *RACHEL*	***6:10 - 6:55*** **STRENGTH & SCULPT** *CATHERINE*	***6:10 - 6:40*** **PILATES MAT & STRETCH** *PORTIA* ***6:45pm*** **DISCOVERY BIBLE STUDY** ***Open to all!**		**CLUB HOURS** **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**	

STRENGTH:

Strength & Sculpt is a 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.

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

CARDIO:

Cardio Kickboxing is an energetic martial arts workout. Supported by driving music, you strike, punch, and kick your way through this cardio class!

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.

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!

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

MIND&BODY:

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 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.

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!

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!

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 Sculpt: A yoga fusion class combining weights, movements from pilates, pilates balls and more to build on strength through various poses and to sculpt your muscles!

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

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