






























MARCH 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 – 6:30 AM  PATTY	5:30-6:20 AM 	5:30 – 6:30 AM  PATTY	5:30-6:20 HIIT - Strength JEN		
8:00 – 9:00 AM  JUDY	8:30 – 9:30 AM  RYANN	8:00 - 9:00 AM TABATA RYANN	8:30-9:30 AM  JEN	8:00 - 9:00 AM TABATA MARISA		8:00-8:50 AM  ELISA
9:05-10:05 AM  ASHLEY	9:35 - 10:35 AM  PATTY	9:05-10:05 AM  & MEDITATION ASHLEY	9:35-10:35 AM  JESS	9:05 - 9:50 AM  LISA M 9:55 - 10:40 AM  EXPRESS LISA M	8:30 - 9:30 AM  JESS	9:00 – 10:00 AM  MARISA
10:45 – 11:40 AM SILVERSNEAKERS CLASSIC RYANN	10:45 – 11:40 AM SILVERSNEAKERS CARDIO SANDEE	10:45 – 11:40 AM SILVERSNEAKERS CLASSIC LISA B	10:45 – 11:40 AM SILVERSNEAKERS CARDIO GINA	10:45 – 11:40 AM SILVERSNEAKERS CIRCUIT CRYSTAL	9:30–10:30 AM  JESS	10:00 – 11:00 AM TOTAL BODY STRENGTH ANGELA/MARISA
11:45 AM – 12:45 PM 25 / 20 / 15 TERRI		11:45 AM – 12:45 PM 25 / 20 / 15 CRYSTAL		11:45 AM – 12:45 PM 25 / 20 / 15 RYANN	10:35-11:35 AM  MARISA	 11:00-12:00 PM ESTER
	2:00 – 2:55 PM SILVERSNEAKERS CLASSIC BETH		2:00 – 2:55 PM SILVERSNEAKERS CLASSIC SANDEE			
5:00– 6:00 PM  RACHEL	5:00 - 5:30 PM  EXPRESS MARISA	5:00 - 6:00 PM  & ABS LISA M	5:00 - 5:30 PM  EXPRESS PATTY			
6:00 - 7:00 PM  ANGELA	5:30 – 6:30 PM  JESS/RACHEL	6:00 - 7:00 PM  MARISA	5:30 – 6:30 PM  CHELSEY		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	
7:00-7:45 PM HIIT - Strength CASSANDRA	6-30 -7:30 PM  JULIE	7:00 - 7:30 PM MAX TONE ABS + GLUTES MARISA	6:30– 7:30 PM  CHELSEY			

Class Descriptions are on reverse side

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.

CLASS DESCRIPTIONS

STRENGTH:



BODYPUMP® : 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.

MAX TONE ABS + GLUTES – 30 minute class that combines body weight exercises and resistance equipment to train your core and glutes.

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.

HIIT - Strength: 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!

TABATA: 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!

CARDIO:



BODYCOMBAT : 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.



BODYJAM® : BODYJAM® is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So, get front and center and get high on the vibrations of dance.



BODYSTEP® : BODYSTEP® is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

SPINNING : A 45-55 minute **SPINNING** 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.



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!

HIIT - Cardio: High-intensity interval training (HIIT) workout. Combines a variety of cardio 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!

TABATA: 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!

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.

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

Questions or comments? Email Marisa Sheehy, Group Fitness Director, at marisa@elementfitnesskc.com

MARCH 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:20 AM STRETCH FLOW & ROLL Jamie	NEW! 8:30 - 9:20 AM PILATES MAT Sheri	5:30-6:30 AM BARRE Jen/Leah	8:30 - 9:30 AM STRETCH FLOW & ROLL Jamie	8:30-9:30 AM Yoga Lift Janet	8:30-9:30 AM BARRE Leah	9:00 – 9:55 AM  Lisa M
9:30 – 10:30 AM  Serena	9:30--10:20 AM CHAIR YOGA** Sheri	9:00-9:45 AM RESTORE & RECOVER Judy	9:45 - 10:45 AM YOGA BASICS ** Cindy	9:35 –10:35 AM YOGA FLOW Cindy	10:00 – 11:00 AM  Quenen	10:00 - 11:00 AM STRETCH FLOW & ROLL Jen
	10:30-11:30 AM MIXED LEVEL YOGA Janet	10:00 – 11:00 AM  Judy			11:15-12:15 CHAIR YOGA** Janet	
	12:00-12:45 PM Yoga Lift Janet		12:00-12:45 PM Yoga Lift Janet		<p align="center"><u>CLUB HOURS</u></p> <p align="center">MON- THURS: 5:00 AM - 11:00 PM FRIDAY: 5:00 -10:00 PM SAT - SUN: 7:30 AM - 8:00 PM</p>	
	4:30-5:30 Restorative Yoga Janet					
5:30 – 6:30 PM YOGA FLOW Jamie	6:00-7:00 PM  Alison	5:30 – 6:30 PM MIXED LEVEL VINYASA FLOW Janet	6:00 – 7:00 PM YIN-YANG YOGA Janet			

CLASS DESCRIPTIONS ARE ON REVERSE SIDE

** Geared for beginners, seniors, post-rehab, and pre- and post-natal.

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.

Class Descriptions



LES MILLS BODYFLOW : 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.



PiYO : gives you the strength of pilates and the pliability of yoga by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen, tone your muscles, and increase your flexibility.

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.

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.

****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. Wednesday 9:35 am class will also offer some advanced options. Providing more in-depth clarification on postures, and various levels of intensity

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

Questions/Comments Email Marisa Sheehy, Group Fitness Director, at marisa@elementfitnesskc.com