



ELEMENT FITNESS MIND + BODY

JANUARY 2022 MAIN STUDIO SCHEDULE

7880 Quivira, Lenexa, KS (913) 268-3633
www.elementfitnesskc.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 – 6:30 AM BODYPUMP PATTY	5:30-6:20 AM SPINNING ABB CHRIS	5:30 – 6:30 AM BODYPUMP PATTY	NEW! 5:30-6:20 BOOTCAMP JEN		
8:30-9:20 SPINNING ABB ASHLEY	8:30 – 9:30 AM BODYPUMP TASHA	8:15-9:00 AM TABATA TASHA	8:30 – 9:30 AM BODYSTEP RYANN	8:15-9:00 TABATA RYANN	7:45-8:35 SPINNING ABB KEVIN	
9:35 – 10:35 AM BODYPUMP JUDY	9:35 – 10:35 AM BODYSTEP TASHA	9:05-10:05 AM SPINNING ABB & MEDITATION ASHLEY	9:35 – 10:35 AM BODYPUMP TASHA	9:05-10:05 SPINNING ABB ARMS & ABS LEAH	8:40 – 9:30 AM BODYSTEP EXPRESS JESS	9:00 – 10:00 AM BODYCOMBAT MARISA
10:45 – 11:40 AM SILVERNEAKERS CLASSIC TASHA	10:45 – 11:40 AM SILVERNEAKERS CARDIO KIM	10:45 – 11:40 AM SILVERNEAKERS CLASSIC LISA	10:45 – 11:40 AM SILVERNEAKERS CARDIO GINA	10:45 – 11:40 AM SILVERNEAKERS CIRCUIT CRYSTAL	9:35 – 10:35 AM BODYPUMP RYANN	10:00 – 11:00 AM TOTAL BODY STRENGTH ANGELA/MARISA
11:45 AM – 12:45 PM 25 / 20 / 15 TASHA		11:45 AM – 12:45 PM 25 / 20 / 15 CRYSTAL	12:00 – 1:00 BEGINNING LINE DANCE * LAURA	11:45 AM – 12:45 PM 25 / 20 / 15 TERRI	10:35-11:35 AM WERQ MARISA	ZUMBA 11:00-12:00 PM ESTER
1:00-2:00 PM CARDIO DRUMMING KIM	2:00 – 2:55 PM SILVERNEAKERS CLASSIC BETH	1:00-2:00 PM CARDIO DRUMMING KIM	2:00 – 2:55 PM SILVERNEAKERS CLASSIC SANDEE			
						NEW! 4:00-5:00 PM STRENGTH & CONDITIONING DENISE
4:30-5:30 BODYPUMP JUDY/JEN	5:00 – 6:00 PM BODYPUMP JEN	4:30-5:30 PM BODYSTEP RYANN	5:00 – 6:00 PM BODYPUMP CHELSEY	5:45– 6:45 PM BODYPUMP PATTY	SilverSneakers FITNESS	
5:35 – 6:35 PM SPINNING ABB KEVIN	6:00 - 7:00 PM ZUMBA JULIE JOBE	5:35 PM – 6:35 PM SPINNING ABB KEVIN	6:00 – 7:00 PM BODYJAM 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	
6:40 – 7:40 PM BODYCOMBAT MARISA	7:00-7:45 TABATA CASSANDRA	6:40 – 7:40 PM BODYCOMBAT ANGELA				


Class Descriptions are on reverse side.


Morning classes are cancelled when SMSD schools are closed for inclement weather; please call the club for information re: evening classes


All classes are subject to change or cancellation at any time.


*Fee applies


CLASS DESCRIPTIONS

 **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.

 **BODYFLOW**: BODYFLOW® is 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, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance.

 **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.

 **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.

 **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.

BOOTCAMP: Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements that will have you sweating and your muscles burning. Feel strong, powerful, and accomplished as you leave this class.



Core: strengthening the core (body structures from shoulders to pelvis) with weights, tubes, balls, Pilates rings, and/or your own body weight.

Line Dance: Enjoy a light, cardiovascular workout while dancing to a variety of music. New dances are taught each month. See club flyer for scheduled dances. Fee applies.

*****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.

 **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.

Cardio Drumming: You become the music in this cardio interval training class with drumming. It is a full body workout and so much fun!

Strength & Conditioning: This total body strength class will help you build lean muscle and condition your entire body with targeted upper & lower body exercises, cardio and core. This class is for all fitness levels and modifications are provided.

TABATA: High-intensity interval training (HIIT) workout. Combines a variety of Strength and Cardio exercises. Great to get a quick workout in if you're short on time!

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.

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!

 **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!

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

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Questions or comments? Email Tasha Ruble, Group Fitness Director, at tasha@elementfitnesskc.com

Spinning™ Class Descriptions

ABB (Aerobic Base Building): rides that build aerobic capacity and a foundation of fitness. ABB is important for all Spinning participants and vital for all new riders.

Arms & Abs/Core: Arm, abs, and core (body structures from shoulders to pelvis) strengthening with weights, tubes, exercuffs, balls, Pilates rings, and/or your own body weight.

Endurance: Endurance rides focus on an even application of energy by establishing a smooth, steady rhythm for the ride. Endurance rides increase aerobic base, improve fat metabolism, decrease resting heart rate, strengthen immune system, decrease risk of heart disease, and improve ability to achieve a higher level of mental focus. **Fat is the primary fuel source used in this energy zone.** The terrain is mostly flat road, though climbs may be included. Heart rate guidelines are 65 – 80% of heart rate maximum. Class is appropriate for aerobic base building and keeping foundation strong.



HIIT– Take your rides to the next level with High Intensity Interval Training (HIIT). Condensed to 40-minutes, this power-packed ride begins with warm-up followed by a series of short, explosive sprints or other anaerobic riding movements to train near maximal exertion with recovery in between. HIIT can help you burn more calories in less time and explore higher levels of heart rate training to break through plateaus. It is important for riders to have a strong aerobic base and balance this class with adequate rest and moderate intensity workouts. For an overall conditioning benefit, participate in the 20-minute core workout that immediately follows.

Interval: Interval rides include a variety of hills, runs, jumps, sprints, and recovery bouts with the focus on teaching the heart rate to recover. Class allows for aerobic and, possibly, anaerobic training. Heart rate guidelines are 65% of heart rate maximum to maximum effort.

L.T. Field Test: Lactate Threshold Field Test is a specialty ride where lactate threshold heart rate is estimated. Ride begins with a warm-up followed by two minutes to elevate heart rate to projected LT heart rate (LTHR), followed by holding projected LTHR for 15 minutes, then recovering for 5 minutes and repeating the test. Heart rate monitors are necessary to obtain feedback from the ride.

Meditation: is a mental training practice that involves focusing your mind on your experiences (like your own emotions, thoughts, and sensations) in the present moment. ... **Mindfulness meditation** can involve breathing practice, mental imagery, awareness of body and mind, and muscle and body relaxation.

Race Day: Race Day rides simulate a time trial, an all out effort against the clock with heart rate guidelines of 80% heart rate maximum-maximum effort. Class is appropriate for those participants who have built an aerobic base and are healthy. Please attend well rested and well hydrated.

 **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.

Strength: Strength rides use heavy resistance to develop muscular endurance and power in the hills. Heart rate guidelines are 75 – 85% of heart rate maximum so strength rides develop aerobic and anaerobic energy systems.

Theme Rides: Theme rides provide a great workout to special music based on the theme. These are rides that do not necessarily follow any specific energy zone but heart rate information will be provided. This is a great opportunity to ride and simply enjoy the music and movements! No previous cycling experience is required.

Water bottles and sweat towels are mandatory to participate in Spinning class!

Heart rate training is included in every Spinning class.

Heart rate monitors, gel seats, and padded shorts are recommended.

First time riders please arrive 10 minutes early to learn correct bike set-up.

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Questions/Comments email Ryann Steging, Group Fitness & Spa Director, at rsteging@elementfitnesskc.com



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW 8:30 - 9:20 AM STRETCH FLOW & ROLL <i>Jamie</i>			8:30 - 9:30 AM STRETCH FLOW & ROLL <i>Jamie</i>			
9:30 – 10:30 AM  <i>Theresa</i>	9:30-10:20 AM CHAIR YOGA <i>Kim</i>	9:15-9:45 AM RESTORE & RECOVER <i>Judy</i>	9:45 - 10:45 AM YOGA BASICS ** <i>Cindy</i>	9:35 –10:35 AM YOGA FLOW <i>Cindy</i>	10:00-11:00 PIYO <i>Sam</i>	9:00 – 10:00 AM  <i>Theresa</i>
	10:30-11:30 AM MIXED LEVEL YOGA <i>Janet</i>	10:00 – 11:00 AM  <i>Judy</i>			11:15-12:15 CHAIR YOGA <i>Sam/Sandee</i>	
					<u>CLUB HOURS</u>	
5:30 – 6:30 PM INTERMEDIATE VINYASA FLOW <i>Sarah</i>	5:30-6:30 PM  <i>Alison</i>	5:30 – 6:30 PM MIXED LEVEL VINYASA FLOW <i>Janet</i>	6:00-7:00 PM ASHTANGA YOGA <i>Janet</i>		MON- THURS: 5:00 AM - 11:00 PM FRIDAY: 5:00 -10:00 PM SAT - SUN: 7:30 AM - 8:00 PM	

CLASS DESCRIPTIONS ARE ON REVERSE SIDE

All classes are subject to change or cancellation at any time.

* Please bring mat/props from Studio Element if you need mat/props for this class.

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

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Class Descriptions



: 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.

Ashtanga Yoga – a powerful tool to tune the body. Improves focus, balance and coordination. A swift set of poses instills a better sense of rhythm and increases awareness of the movement and flow of your body.

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



: 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.

Traditional Yoga/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.

Intermediate Vinyasa Flow: 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. Designed for those who are ready to expand their yoga practice. Stretch and strengthen with this full body vinyasa flow. Imagine waking everyday living with a steady flow of energy and a capable body.

****Yoga Basics:** A gentle workout that enables nearly every "body" 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.

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.

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 an all level active flow and held yang postures for strength training. Then, class transitions to yin style floor work to explore our deep connective tissues & flexibility.

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

****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

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