
Cross Train: HIIT 60:20

Not for the faint of heart, yet incredibly balancing and satisfying! Welcome to 4 mini circuits of 60 seconds Dynamic Exercise paired with 20 seconds Active Rest (just enough to keep going). We have a leg circuit, a core/glutes circuit, a back circuit and more core. Props: 1 medium and 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train: Thoracic Twists (and everything in between)

Warmup on the mat, nice! Then move into standing and share the twist: feet, legs, hips, core, ribs, shoulders and maybe arms. Core engagement is essential in twists to prevent injury, so always find that before you move. Work through Super Sets, and Partner 21s (with me as your partner), lots of single sided work to balance things out! Props: 2 small, 2 medium, 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train WOMEN: 30/30/30: Once through each set!

Join me for a familiar friend in timing protocol: 30/30/30! 30 seconds of work, 30 seconds hold and 30 seconds of work . . . and then that side is done! Most exercises today are single sided, which is usually an interesting science experiment with our bodies. Even though I'm right handed, I know my left leg is stronger, so give lots of props and patience with my right side! Props: 1 each: light, medium and heavy weights, mat, towel, water. 60 minutes.

Cross Train WOMEN: Train Our Hips!

Many of us have tight hips, whether from a lot of exercise or a lot of NO exercise (like sitting), so join me for this workout to release and strengthen our hips! Our hips and legs move in 8 different directions: flexion, extension, lateral (away from the body), rotation, and finally compression and decompression. Super sets paired with Tabatas to make this workout zip by! Props: 2 light, medium and 1 heavy weight, mat, towel, water. 60 minutes.

Movement for Stiff Bodies: Four Movement Patterns

A simple format for this workout: 4 basic movement patterns: Push, Pull, Hip Hinge and Twist! Love 'em all! We have a mini circuit of 3 exercises for each pattern, going through each circuit twice with 45 second duration. Here we go! Props: 2 light, 2 medium and 1 heavy weight, mat, towel and water. 60 minutes

Movement for Stiff Bodies: Vibrant with Cross Lateral Patterning

Cross lateral patterning is something we do all the time without thinking, yet is so essential to our vibrancy! Left side of the brain controls the right side of the body, and vice versa. Appreciate this 'magic' in our beings as we work out with Super Sets, finding these musculoskeletal, neural and electrical connections! I usually feel sparkly after a cross lateral practice, hope you do too! Props: 1 each of light, medium and heavy weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Cardio, Upper/Core, Lower/Core

Begin with the juicy joint releasing series, and continue to carefully lubricate your joints as we workout! This is a packed workout with 4 mini circuits: each with a cardio exercise, an upper/core exercise, and a lower/core exercise. Give yourself this gift to build strength, improve bone density, and stimulate circulation (blood, digestion, lymphatics, synovial fluids and more). Props: 2 light and 2 medium weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Chair, Band and Partner 21s

Using a chair as a prop can be so helpful, and it's surprising how much strength and alignment we can build by using a band (or yoga belt). Work through Super Sets for 45 seconds working with these 2 props, and then mix in some Partner 21s (I'm your partner! I'll do 6 reps while you hold, then I'll hold while you do 6, then 5 each, 4, 3, 2, 1). Great to strengthen the back, integrate the core, and your endurance! Props: 2 light & 2 medium weights, theraband or yoga belt, mat, towel and water. 60 minutes.