
Cross Train: Two Sweet Treats . . . Twists and Tabata!

Our focus today is on delicious twists! Our spine (and everything attached to it) moves in 8 different directions: forward flexion (we do a lot of that), back extension, lateral side bending left & right, rotation left & right, compression & decompression. Move through the workout sharing each twist with your entire body Props: 2 light, and medium weights, mat, towel and water. 60 minutes.

Cross Train: Mini HIIT Circuits

A fast-paced workout through mini circuits of 3 exercises, incorporating 60 seconds of dynamic exercises spelled with 20 seconds of active rest. Break the HIIT pace with some Partner 21 work (I'm your partner!) A nice long stretching series at the end, standing and then on the mat. Props: 2 small, 2 medium, 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train WOMEN: Cardio, Glutes, Upper & Core

A jam-packed workout with 4 'sweet spots' of focus; mini circuits for Cardio (dock jumps!), Glutes (swings!), Upper (triceps sing), and Core (obliques). Props: 2 light, 2 medium and 1 heavy weights, mat, towel, water. 60 minutes.

Cross Train WOMEN: Stamina and Strength with a Ladder Set

After a fluid warmup, we settle in with 2 pair of Super Sets: using your weights and using a theraband or yoga belt. Then we make our way onto the ladder! 10 reps of Twist, 20 reps of Balance Lunge, 30 reps of Upper Skaters, 40 reps of Bicycles AND a 50 second Wall Sit. Going back down the ladder is satisfying! Props: 2 light, 2 medium weights, theraband or belt, mat, towel, water. 60 minutes.

Movement for Stiff Bodies: Work with What You've Got!

One thing we've learned over the past 2 years: ADAPT! Working mostly with body weight, a sturdy chair and a theraband or yoga belt, our focus is on lower body strength and balance, upper body, and an integrated core. Bookend it with a calming warmup and cooldown with the chair. Props: sturdy chair, theraband or yoga belt, mat, towel and water. 45 minutes

Movement for Stiff Bodies: Strength & Flexibility

Join me for a mini science experiment! In this workout, we add in our flexibility work after the first round of a circuit, to see what effect it has the 2nd round. We have a Cardio circuit, a Tabata, a Glute circuit and a Core circuit. Props: 2 light, 2 medium and 1 heavy weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Strengthen and Release the Hips

Work through the 8 movement patterns of the hips (and many combos) with a mix of Super Sets and Tabata today! There is some balance work (with modifications). Props: 1 light or medium weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Repetition Ladder and Functional Core Strength

Warm-up using your chair, then settle into a bit of brain gym with counting reps today! We have pairings of Repetition Ladders (single sided exercise) and functional core work. We finally had enough time to include a Finisher Set: descending reps of Squats and Deadlifts . . . very satisfying! Props: 1 light or 1 medium weight, a sturdy chair, mat, towel and water. 60 minutes.