
Cross Train Runners: Balance, Circus Abs, Finisher

Working your balance is a key injury prevention strategy! 3 cues for balance: you're always going to move a little, lift from your inner core, and eyes forward (not down). Two mini circuits with single sided work, a non-stop Circus Abs circuit in between, and an awesome descending Finisher! Props: a sturdy chair, 2 each of light, medium and heavy weights. 60 minutes

Cross Train Runners: Dynamic Tabata & Brain Gym

Join in on this single-sided HIIT Tabata workout, you will not be bored! Time zips by with single-sided work and those 8 rounds of 20 sec on/10 sec off. Brain Gym challenge as you work your physical body: a vegetable for each letter of your first name. Props: pen and paper, 2 small and 2 medium weights, yoga mat. 60 minutes.

Women's Tone-Up: 60/20 HIIT Cardio Push

Get your heart rate up with this 60/20 HIIT: 60 seconds of dynamic exercise and 20 seconds of active rest, fun, yes?! Swings, squats, deadlifts, twists, shoulders. Props: 1 medium and 1 heavy weight (kettlebell preferred), yoga mat. 60 minutes.

Women's Tone-Up: Repetition Ladder, Fly's, Core & Back

4 mini circuits with: a repetition ladder (ascending and descending counts), core work, and back/glutes strength training. Very satisfying! Props: pairs of light & medium weights, yoga mat. 60 minutes.

Movement for Stiff Bodies: A, B, Cs

Abdominals, Balance & Cardio, we've got it all in this dynamic workout! Start with a fluid warmup to release tension and awaken muscles/joints, and then 4 mini circuits. Spoiler alert: there's a simple burpee in here. Props: 2 light, 2 medium weights. 60 minutes.

Movement for Stiff Bodies: 45/15 HIIT

Working with timing of 45 sec work and 15 sec recovery (just enough!), we'll work through 4 circuits: Legs, Core, Upper, Glutes. Warmup is close to the mat, as is the cool down. Props: theraband or yoga belt, 2 light and 2 medium weights. 60 minutes.

Mindful Fitness for Aging Well: Giant Circuit with Salt & Pepper

Welcome to a giant circuit of 8 exercises, mixed in with 'salt & pepper' (5 reps each of Reverse Fly and Squat & Shoulder Press). I remember as I was teaching this one, thinking: 'oh boy, maybe this is too much', and then, after class, everyone raved about it, loved the upper body work! Props: 2 light weights, 1 medium and 1 heavy weight, yoga mat. 60 minutes.

Mindful Fitness for Aging Well: Cross Lateral & Riddles

Cross lateral patterning is something we do all the time, and when we train with this awareness, we embed these healthy neuropathways, enriching our muscles/joints, nervous system and brain. Supersets in this mix, always working with care to protect the joints and also, stimulate your mind with some word riddles! Props: 1 light and 1 medium weight, yoga mat. 60 minutes.