
Cross Train RUNNERS: Do the Tabata Twist!

Our musculoskeletal and nervous systems crave twists and this workout aims to please! We begin with a short walking warmup, performed without weight, repeated holding a weight, and again with the weight overhead = very warm! Work through 7 tabatas (8 intervals: 20 sec work, 10 sec rest) and invigorate your hips, ribs, chest, back and shoulders. Props: 1 medium and 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train RUNNERS: Giant Set with Salt & Pepper

Adding a little spice to your workout with Salt (5 Reverse Fly) and Pepper (5 Squat & Shoulder Press) after each exercise in the Giant Circuit! The circuit alternates between upper body and lower body, building in some recovery time. Work the circuit twice and you have bragging rights for 70 Reverse Fly and 70 Squat & Shoulder Press! Props: 2 small, 2 medium, 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train WOMEN: Alternating Strength & Flexibility

Most workouts front load a lot of strength-building work, and have a little bit of flexibility training at the end. In this workout, we do a mini circuit of strength, then a few minutes of appropriate flexibility. Twice through each circuit to see the effect. 3 circuits in all: Cardio, Glutes, Core. Oh and a couple of Tabata tossed in as well! Props: 2 medium or heavy weights, mat, towel, water. 60 minutes.

Cross Train WOMEN: Balance Yourself with Single Sided Tabata

Work with Tabata protocol (8 intervals: 20 seconds work, 10 seconds rest) and train to bring balance. When we use 2 legs all the time (or 2 arms together), we don't realize that the strong side is doing more work, perpetuating the imbalance. Single side work tends to fix this, strengthening the weaker side while maintaining the stronger. Finish on the mat for flexibility! Props: 2 light, medium and 1 heavy weight, mat, towel, water. 60 minutes.

Movement for Stiff Bodies: Share the Twist!

Our musculoskeletal and nervous systems crave twists and this workout aims to please! Work through super sets that explore upper and lower body twists. Feel your sides, your obliques and create more ease in tight areas. We share the twist with the entire body: feet/legs/hips pivot, spine spirals (especially thoracic ie ribs), then shoulders and gaze. Some favourites in here like Ribbons, Around-The-Body-to-Stall, and Supine Twist! Props: 2 light, 2 medium and 1 heavy weight, mat, towel and water. 60 minutes

Movement for Stiff Bodies: Variety is the Spice of Life

Warm up using a bit of a wall, then get right into super sets to train your core, glutes and balance. Follow up with a ladder set: 10 reps of one exercise, 20 reps of the next, 30, 40 and a 50 second wall sit, and then grateful for the descending count as you go back down the ladder! A nice upper body finisher too! Props: 2 light, 2 medium and 2 heavy weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Bands and Fruits

Come join the fun: little brain gym with our workout today: finding a fruit for each letter in your first name! This is a straight forward workout with 3 mini circuits: each circuit has an upper body exercise using a theraband (or yoga belt), a lower body exercise using 2 weights, and some balance training. If we don't train our balance, we won't have it when we need it! Props: 2 light and 2 medium weights, flexband or yoga belt, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Train Your Back with Dynamic Exercise and Active Rest

Work through 6 mini circuits today! Each mini circuit uses the timing protocol of 45 seconds dynamic exercise, then 15 seconds active rest. This is a variation of HIIT (High Intensity Interval Training). Don't let the terms bother you, this is a lot of fun and the workout goes quickly! Props: 2 light & 2 medium weights, mat, towel and water. 60 minutes.