

### **Cross Train Runners: Giant Circuit with Salt & Pepper!**

Work your way through a Giant Circuit of 7 for a whole body workout! After each exercise in the circuit, you add some Salt & Pepper, makes it rather delicious! Props: 1 each of light, medium and heavy weights. 60 minutes

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### **Cross Train Runners: Strength and Flexibility**

After a walking drill warmup that sneaks up on you, we'll work our way through 3 key areas: Cardio, Core & Glutes. In this workout, we mix in flexibility work at the end of each circuit round; it's curious to see adaptations right away in both strength, and flexibility. Props: 2 heavy weights, yoga mat. 60 minutes.

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### **Women's Tone-Up: Super Sets & a Ladder Set!**

Work through 2 Super Sets and then get ready to make your way up and down the ladder: 10 reps of one exercise, 20 reps of the next and so on up to a 60 second Wall Sit! Props: 2 each of medium & heavy weight. 60 minutes.

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### **Women's Tone-Up: Single Sided Tabata**

Tabata timing protocol (8 sets of 20 sec work, 10 sec rest) makes the workout zip by! Especially when it's using single-sided exercises (switch sides each interval). There are 8 tabata's in total and they alternate between Legs and Core. Props: 1 each of medium & heavy weight. 60 minutes.

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### **Movement for Stiff Bodies: Single Sided, 30/30/30**

This entire workout focuses on single-sided work. It requires a little more patience and time, but if we don't do single-sided work, we'll never fix imbalances (strength, agility, balance, flexibility). Using the timing protocol of 30/30/30 (30 seconds work, 30 seconds hold, 30 seconds work) to keep it interesting and intense! Props: 1 medium and 1 heavy weight. 60 minutes.

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### **Movement for Stiff Bodies: Mini Circuits with Cardio, Upper/Core, Lower/Core**

We all need more Cardio in our days, getting our heart rate up to improve cardiovascular health! This is paired with a focus on upper body/core, and lower body/core. Props: 2 light and 2 medium weights. 60 minutes.

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### **Mindful Fitness for Aging Well: Posture, Balance and Legs**

Working with a theraband (or yoga belt), a pair of weights and single leg work, we focus on finding and maintaining good posture as we exercise. Training well with good form and awareness can carry forward into the rest of our day, helping us to be less achy and more aligned. Props: theraband or yoga belt, 2 light weights & 2 medium weights. 60 minutes.

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### **Mindful Fitness for Aging Well: Giant Circuit with Legs and Core**

This Giant Circuit of 9 exercises goes quickly! 45 seconds per exercise with a good mix of lower body, upper body, core and cardio. Finish with one of my favs: Chest Fly & Bridge Lift! Props: 2 light or 2 medium weights. 60 minutes.