

The Dolls with Balls

The Dolls with Balls are a group of ten feisty 63 to 82 year-old ladies who banded together and set out on a mission to do something about their fitness programs. We are all neighbours in a downtown condo who were fed up with having to trek through waist-high snow banks to reach the local gym, missing half our sessions as a result. The answer? Hire our own personal trainer to run classes for us right here in our condo's party room. And boy, did we luck out!

Two mornings a week, for over one year now, we have been stubbornly keeping to a regime of one-hour fitness sessions with Jonathan Chant, our very cute and dynamic personal trainer. Jonathan knows how to get the best out of each one of us, although it is fair to say that there are days on which we are severely testing his mettle. But Jonathan persisted and before we knew it, we graduated from three pound weights to five pounds, and some of us are now testing the eight pounders. Ten repetitions of gravity defying gyrations soon grew into twenty and thirty, one only generating louder moans and groans than the next. When Jonathan introduced eight-pound balls for us to toss around, and hold over our heads while executing the axe-chop squat, and squeeze between our knees while struggling through the glute bridge, the Dolls with Balls got their name, and their fifteen minutes of fame!

Featured on CBC radio's In Town and Out on April 3rd, the Dolls were described as "a sitcom in the making, a fun, dynamic group of women." "Jonathan does not baby the dolls... these women are kept to a tough program." "Jonathan plays a huge role in the dolls' success. They give him a lot of attitude but he keeps them on track. He expects a lot from them. There is lots of fun and laughs, but the bottom line is that these women are kept to a tough program and they are a lot fitter and stronger because Jonathan keeps them working!" "If you make it to class, not only will you get a workout, the dolls will lift your spirits."

We have many reasons to feel good about ourselves. Within a matter of a few months, we noticed all sorts of life-altering improvements. "I can get up off the floor without having to grab onto the table!" "I can jump up on a chair without having to kneel on it first!" "My cat is so impressed, I can now squat right down to the floor to feed it!" Not only are the Dolls with Balls getting fit, they're having an awful lot of fun doing it. One more year, and we're ready for boot camp!