

DVD Library

Beachbody CIZE

21 Day Fix

Tony Horton's 10 Minute Trainer

Peter Kolber Cardio for Beginners

Jillian Michael's Kickbox Fastfix

Jillian Michael's 30 Day Shred

Jillian Michael's Extreme Shed & Shred

Jillian Michael's Shred-it With Weights

Rockin' Body

Shiva Rea Daily Energy Vinyasa Flow Yoga

Body Wisdom Yoga for Beginners

Body Wisdom Yoga for Beginners and Beyond

Body Wisdom Yoga for Stress Relief

Other

Weighted Gloves

The Wellness Program now has a "Fitness Library"! We have compiled a variety of workout DVDs that include all levels which you can check out for 2 weeks at a time.

The "Fitness Library" is a great way to test drive a workout before you buy something that ends up not being a good fit for you. In addition, if you don't see what you are looking for, let us know and we can consider adding it to our collection. So how does it work?

Just email Jennifer Seubert the name of the DVD you are interested in trying.

The DVD will be sent to you via inter-office mail OR you can stop by the District Office and pick it up.

Once your 2 weeks are up, just return the DVD the same way.

If the DVD that you want isn't available we will let you know once it is returned and ready to be checked out again!