



WELLNESS DUDS



DANCE

Disco Sweat, Richard Simmons
 Body Groove: Delicious Dance
 Sweatin' to the Oldies, Richard Simmons
 80's Blast Off, Richard Simmons
 Get Up and Dance, Paula Abdul
 Zumba 101
 Zumba Blitz
 Zumba: Abs, Buns, and Thighs
 Zumba: Beginners
 Zumba: Power

CARDIO & STRENGTH

Fit & Strong, Jane Fonda
 Supertonin', Richard Simmons
 Boot Camp Training
 BOSU Equilibrium
 BOSU Total Sports Conditioning
 Everybody Steps
 Gliding Extreme
 Hip Hop Abs
 Jillian Michaels Ripped in 30

Jillian Michaels 30-Day Shred
 Jillian Michaels - The Biggest Winner
 P90x (11 Disc Set)
 Sandbell Total Body Blast
 Supreme 90 Day Total Body
 The Walk Diet
 Ultimate Kettlebell for Beginners
 Weight Watchers: 15-Minute Boot Camp Series

YOGA, MEDITATION, RELAXATION

AM & PM Yoga
 Back Care Yoga, Beginners
 Meditation and Yoga, Rodney Yee
 Mindfulness Meditations for Anxiety
 Yoga for Abs, Beginners
 Yoga for Beginners, Rodney Yee
 Tai Chi 24
 Pure & Simple Stretch, Karen Voight
 Qi Gong: Fire & Water, Matthew Cohen

CYCLING

British Columbia Bike
 Argentine Patagonia Bike
 American Northeast Bike
 New Zealand Bike
 Xtreme Calorie Burner:
 Indian to Girdwood Alaska
 VideoCycle-Hawaii
 VideoCycle- Switzerland



Welborn Foundation
 Wellness & Fitness Center

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