

# Let's Get Moving



*Now is always a good time to start exercising. Here are some fun DVDs to help you get going!*

## Abdominals

- 613.71 Hip **Hip hop abs. Fat burning cardio; Ab sculpt; Total body burn; Secrets to flat abs.** 2007.
- 613.71 Ten **10 minute solution. Blast off belly fat.** 2007.
- 613.71 Tig **Tight on time. Hot spots.** 2006.
- 613.714 Abs **The abs advantage with Chris Freytag: four 12-minute routines to flatten your belly.** 2006.

## Abs with Stability Ball



- 613.71 ASA **A.S.A.P.: abdominals, spine and posture.** 2007.
- 613.71 Bal **Balance ball for weight loss.** 2004.

## Ballet

- 613.71 Cen **Center Moves: the cardio-Balletone workout.** 2004.
- 613.71 New **New York City Ballet workout.** 2001.

## Bellydance

- 613.71 Bel **Bellydance, fitness for weight loss. Pure sweat.** 2002.
- 793.3 Dis **Discover bellydance.** 2003.

## Mixed Genre

- 613.25 Tur **Turbo jam.** 2005.
- 613.7046 Yog (oversize) **Yoga booty ballet: basic, advanced.** 2004.
- 613.7046 Yog **Yoga booty ballet live: cardio cabaret burlesque style.** 2005.
- 613.71 Kic **Kickboxing by Ilaria Montagnani.** 2006.
- 613.71 Ten **10 minute solution.** 2001.

## Pilates

- 613.71 Pil **Denise Austin Pilates for every body.** 2002.
- 613.71 Pil **Pilates for beginners.** 2005.
- 613.71 Pil **Pilates for men.** 2006.
- 613.71 Ten **10 minute solution. Slim & sculpt Pilates.** 2007.
- 613.71 Win **Winsor Pilates. Basics step-by step.** 2002. [VHS]

## Pregnancy

- 618.24 Lei **Leisa Hart's fit mama prenatal workout.** 2003.
- 618.24 Str **Stretch & strengthen: pregnancy fitness.** 2005.
- 618.244 Fit **Fit & firm pregnancy.** 2006.

## Seniors

613.7 RIC **Richard Simmons and the Silver Foxes: a fitness program for silver citizens featuring Jacqueline Stallone, Sal Pacino, Harry Hoffman...** 2005.

613.7 Saf **Safe on your feet: fall prevention workout.** 2005.

613.71 Kee (vol. 1-3) **Keeping fit in your 50's: workout essentials for a changing body.** 2003.

613.71 Sit **Sit and be fit: balance & fall prevention workout.** 2004.

## Stretching

613.71 Tot **Total stretch for beginners.** 2001.

## Tae-Bo

613.71 Bil **Taebo. Get celebrity fit, Cardio.** 2007.

613.71 Bil **Taebo. Get celebrity fit, Sculpt.** 2007.

## Tai Chi

613.7148 AM **A.M. and P. M. T'ai Chi.** 2006.

613.7148 Tai **T'ai chi.** 2004.

613.7148 Tai **Tai chí: fundamentals for mastering tai chi basics.** 2003.

## Walking

613.7176 Les **Leslie Sansone's walk away the pounds express: 3 mile advanced walk.** 2003.

613.7176 Roc **Walk, sculpt and tone.** 2007.

613.7176 Wal **Walking for fitness.** 2006.

## Weight Loss

613.71 Bal **Balance ball for weight loss.** 2004.

613.71 Big **The biggest loser, the workout. Cardio max.** 2007.

613.71 Bol **The Bollywood dance workout.** 2006.

613.71 You **You on a diet workout: 3 exercise levels on one DVD.** 2006.

613.712 Dan **Dancing with the stars cardio dance.** 2007.

613.713 Lif **Lift weights to lose weight.** 2006.

## Yoga



613.7046 Ana **Anatomy for yoga.** 2004. [DVD; *not a workout video, but contains important information for safe yoga practice*]

613.7046 Sar **Sara Ivanhoe's 20 min. yoga makeover. Weight loss.** 2004.

613.7046 Tot **Total body conditioning for beginners.** 2000.

613.7046 Yog **Yoga to the rescue: feel good from head to toe.** 2007.

## Yoga for Strengthening Abs

613.7046 Cre **Creative core abs.** 2006.

613.7046 Yog **Yoga for abs: for beginners.** 2000.

## Yoga with Stability Ball

613.7046 On **On the ball. Yoga workout for beginners.** 2003.