

Well Flix



Program Details:

As a University of Rochester employee, you have access to fitness DVD's in the Well-U library. These DVD's have been made available so employees may learn about a variety of fitness activities and participate in an individual setting to stay active and healthy. The DVD's will be loaned for a one-week basis at no cost. Contact Well U at well-u-info@rochester.edu for DVD rental.

Click the link for the library borrowing policy and registration form:

http://www.rochester.edu/working/hr/wellness/WellU_Library_Policy.pdf

5 Day Fit Chi- Boost Energy & Revitalize your Body

Leslie Sansone: Walk at Home- 5 Day Slim Down

A.M & P.M Stretch

Yoga for Stress Relief & Flexibility

Step by Step Strength Training

Denise Austin: Shrink your Fat Zones Pilates

Bob Harper: Ultimate Cardio Body

Billy Blanks: Cardio Sculpt

Viveca Jensen: Piloxing

The Firm: Cardio Dance Slim Down

The Firm: Core Solutions

The Firm: Target Toning

The Firm: Ultimate Fat Burning

The Firm: Calorie Explosion

The Firm: Weight Loss System

Quick Start Yoga for Weight Loss

Pilates: Core Challenge

The New Method 20/20: Cardio Kick

Jane Fonda's Ultra Boot camp

