

Well - Flix

Library borrowing policy
and registration form:

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



Program Details:

As a University of Rochester Employee, you have access to fitness DVDs in the Well-U library. These DVDs have been made available so that employees may learn about a variety of fitness activities and participate in an individual setting to stay active and healthy. The DVDs will be loaned for a one-week period at no cost. Please send your registration form to Well-U at well-u-info@rochester.edu for DVD rentals.

- **5 Day Fit Chi: Boost Energy & Revitalize Your Body**
- **Leslie Sansone: Walk at Home – 5 Day Slim Down**
- **AM & PM Stretch**
- **Yoga for Stress Relief & Flexibility**
- **Step By Step Strength Training**
- **Denise Austin: Shrink Your Fat Zones Pilates**
- **Billy's Bootcamp: Cardio Sculpt**
- **Viveca Jensen: Piloxing**
- **Rodney Yee: Yoga For Beginners**
- **The Firm: Core Solutions**
- **The Firm: Target Toning**
- **The Firm: Ultimate Fat Burning**
- **The Firm: Weight Loss System**
- **Quick Start Yoga For Weight Loss**
- **The New Method 20/20: Cardio Kick**
- **Jane Fonda's Bootcamp Ultra**
- **Women's Health: Total Body Workout**
- **Carol Murphy: Everyday Fit**