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.

Program Details:
- 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