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 and the name of the DVD you would like to borrow to Well-U at well-u-info@rochester.edu for DVD rentals.

- **INSANITY Base Kit DVD Set:**
  - Dig Deeper & Fit Test
  - Plyometric Cardio Circuit
  - Cardio Power & Resistance
  - Cardio Recovery
  - Pure Cardio & Cardio Abs
  - Core Cardio & Balance
  - Max Interval Circuit & Fit Test
  - Max Interval Plyo
  - Max Cardio Conditioning & Cardio Abs
  - Max Recovery
  - AM & PM Stretch
  - Jane Fonda's Bootcamp Ultra
  - Carol Murphy: Everyday Fit

- **Zumba Incredible Slimdown DVDs:**
  - Quick Start & 20 Minute Express
  - Super Cardio Dance Party
  - Zumba Max
  - Latin Burst
  - Global Burst

- **PIYO Define Yourself DVDs:**
  - Drench, Sculpt, and TurboFire
  - Core, Buns, and Strength Intervals
  - Align, Define Lower & Upper, Sweat
  - Balance & Strength for Older Adults
  - 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**
- **Women's Health: Total Body Workout**
- **Billy's Bootcamp: Cardio Sculpt**
- **Viveca Jensen: Piloxing**
- **Rodney Yee: Yoga For Beginners**
- **Yoga for Stress Relief & Flexibility**
- **Step By Step Strength Training**
- **Denise Austin: Shrink Your Fat Zones Pilates**
- **5 Day Fit Chi: Boost Energy & Revitalize Your Body**
- **Leslie Sansone: Walk at Home – 5 Day Slim Down**
- **Jillian Michaels: Killer Arms & Back**
- **Jillian Michaels: Yoga Meltdown**