

DVD Exercise Lending Library

- Sizzling Salsa
- Red Hot Cardio Party
- Hip Hop Abs - Fat Burning Cardio
- Hip Hop Abs – Ab Sculpt
- Hip Hop Abs – Last Minute Abs
- Hip Hop Abs – Hips, Buns, Thighs
- Insanity
- Pre & Post Natal Yoga
- Jillian Michaels – 30 Day Shred
- Turbo Jam - Cardio Party
- Turbo Jam - Lower Body Jam
- Total Body Tone with a Twist
- Billy Blanks – Lower Body
- Slim-Trim Exercise Ball Workout
- Kathy Smith Step
- Kathy Smith Project You