



ALLEGHENY COLLEGE GAME ROOM



Fitness/Wellness Videos

Provided by the Wellness Challenge Committee

10 Minute Solution Pilates	DVD	Wellness
Billy's Boot Camp - Basic Training Boot Camp	DVD	Wellness
Billy's Boot Camp - Ultimate Boot Camp	DVD	Wellness
Carmen Electra's Aerobic Striptease	DVD	Wellness
Denise Austin Hit The Spot Pilates	DVD	Wellness
Denise Austin Ultimate Fat Burner	DVD	Wellness
FitBall USA - The Lower Body Challenge	DVD	Wellness
FitBall USA - The Upper Body Challenge	DVD	Wellness
Jillian Michaels The Biggest Winner! - Cardio Kickbox	DVD	Wellness
Jillian Michaels The Biggest Winner! - Shape up - Backside	DVD	Wellness
Jillian Michaels The Biggest Winner! - Shape up - Front	DVD	Wellness
Leslie Sansone Walk Away the Pounds - 1 Mile, 2 Miles	DVD	Wellness
Leslie Sansone Walk Away the Pounds - 3 Miles	DVD	Wellness
Leslie Sansone Walk Away the Pounds - Walk and Jog	DVD	Wellness
Leslie Sansone Walk Away the Pounds - Walk and Kick	DVD	Wellness
Reebok Step - Intense Moves	DVD	Wellness

