



EXERCISE & DANCE

Updated 1/09

MAIN LIBRARY

461 Valley Road, Wayne, NJ 07470

Phone: 973-694-4272 • Fax: 973-692-0907

Monday — Thursday: 9:00 a.m. — 9:00 p.m.

Friday: 9:00 a.m. — 5:30 p.m.

Saturday: 10:00 a.m. — 5:00 p.m.

Sunday: 1:00 p.m. — 5:00 p.m.

(Closed on Sundays in June—August)

PREAKNESS BRANCH

1006 Hamburg Turnpike, Wayne, NJ 07470

Phone: 973-694-7110 • Fax: 973-692-8415

Monday: 1:00 p.m. — 8:00 p.m.

Tuesday — Friday: 10:00 a.m. — 5:30 p.m.

Saturday & Sunday: Closed

Holds can be placed by Wayne residents through the PALSplus catalog once the item has been added. (You will need your library card number and PIN #). The Reference dept. will be happy to demonstrate how to do this and answer any questions you may have).

www.waynepubliclibrary.org/catalogs.html

Wayne Public Library

Are you keeping up with your New Year's Resolutions?



Title	Media	Call #	Branch
2-mile walk (Leslie Sansone)	Video	613.716 SAN	Main
8 Weeks to Optimum Health (Andrew Weil)	Video	613 EIG	Main
Abs, Buns & Thighs: the Ultimate Workout for Strengthening the Stomach	DVD	613.71 ABS	Main
Abs Diet for Women Workout	DVD	613.7 ABS	Preakness
Abs Diet Workout 2	DVD	613.7 ABS	Main
A.M. Yoga for Beginners	Video	613.7 YOG	Main
Balance Ball: Abs/Lower Body/Upper Body	Video	613.71 BAL	Main
Baron Baptiste's Hot Yoga	Video	613.7 BAR	Main
Basic Yoga Workout for Dummies	Both	613.7 BAS	Both
Belly Dance Fitness for Beginners	Video	613.715 BEL	Main
Beyond Basic Yoga Workout for Dummies	DVD	613.7046 BEY	Preakness
Billy Blank's Bootcamp: Abs Bootcamp	DVD	613.71 BIL	Main
Billy Blank's Bootcamp: Basic Training	DVD	613.71 BIL	Main
Billy Blank's Bootcamp: Ultimate Bootcamp	DVD	613.71 BIL	Main
Broadway Blast Off (Richard Simmons)	Video	613.71 BRO	Main
Buns of Steel: Power Yoga	Video	613.7046 BUN	Main
Chairotics	Video	613.71 CHA	Main
Chris Imbo's Peak 10 Fitness	Video	613.7 CHR	Main
Core Pilates	DVD	613.71 COR	Main
Core Rhythms: Dance Exercise Program	DVD	713.715 COR	Main
Country Dancing with Anita Williams	Video	793.3 COU	Main
Crunch Tae Boxing	Video	613.71 CRU	Main
Dancin' Grannies	Video	613.71 DAN	Main
Dancing with the Stars: Cardio Dance	DVD	613.712 DAN	Main
Donna-Mite Aerobic Workout	Video	613.7 RIC	Main
Dynamic Tennis Warm-Ups	DVD	796.3422 DYN	Main
Fat Burning Kickboxing Workout for Dummies	DVD	613.71 FAT	Main
Fat Burning Workout for Dummies	Video	613.71 FAT	Main
The Firm Body Sculpting System 2	DVD	613.71 FIR	Main
First Lesson: an Introduction to the Alexander Technique	Video	615.82 ALE	Main
Geri-Fit: the first workout with weights for older adults	Video	613.7 GER	Main
Get Healthy Now (Gary Null)	DVD	613 GET	Main
Intermediate 6-Count Swing Dancing	Video	793.33 INT	Main
Intro to 6-Count Swing Dancing	Video	793.33 INT	Main
Jazz Dance Class	Video	793.32 JAZ	Main
Jazzercise presents Pregnancy & Post-Pregnancy Workouts	DVD	613.71	Both
Jazzercise: Jazz Cardio Strength Stretch	DVD	613.715 JAZ	Both
Jazzercise: Pure Jazzercise	DVD	613.715 PUR	Both
Jazzercise presents Street Jazz!	DVD	613.71 STR	Both
Kathy Smith's Winning Workout	Video	613.7045 WIN	Main
Katrina Fitness Presents... Ease Into Pilates	DVD	613.71 KAT	Main
Keeping Fit in Your 50s: Flexibility & Aerobics	DVD	613.71 KEE	Main
Learn to Inline Skate with Debbie Merrill	DVD	796.21 LEA	Main
Lightweight: Beginner's Workout (Leonard/Ali)	DVD	613.71 LIG	Main
Lilias! Silver Yoga Series – morning & evening workout for beginners	Video	613.7 LIL	Main



Title	Media	Call #	Branch
Louise Solomon's Yoga and Pilates: Total Body Toner	DVD	613.7042 LOU	Main
Lower Body Yoga for Beginners	Video	613.7046 LOW	Main
Make the Connection (Oprah Winfrey)	Video	613.71 OPR	Main
Mambo Moms	DVD	613.7045 MAM	Main
Mat Workout Based on the work of J.H. Pilates	Video	613.7 AUS	Preakness
Moving to Mozart: classic exercise for an ageless body (Vo. I I)	Video	613.71 MOV	Preakness
MTV Power Yoga	DVD	613.718 MTV	Both
New Body! Pilates (Jennifer Kries)	DVD	631.71 NEW	Main
New York City Ballet Workout 1 & 2	Video	613.71 NEW	Main
Pilates Beginning Mat Workout	Video	613.71 PIL	Main
Pilates Complete for Everyone	DVD	613.71 PIL	Main
Pilates for Dummies	Both	613.71 PIL	Both
Pilates Workout for Dummies	DVD	613.71 PIL	Both
P.M. Yoga	Video	613.7 YOG	Main
Power Max (Catherine Friedrich)	Video	613.7 POW	Main
Power walk – 4 miles! (Leslie Sansone)	Video	613.7176 SAN	Main
Power Yoga for Beginners (R. Yee)	Video	613.7046 YEE	Main
Priscilla's Lower Back Repair Kit	Video	613.7 PAT	Main
Qigong for beginning practice	DVD	613.71 QIG	Main
Red Hot Salsa: Beginner	Video	793.33 RED	Main
Rise Up with Rosie: Rhythm Time	Video	613.7045 RIS	Main
Salsacrazy's Learn to Dance Salsa: Intermediate Part One	DVD	793.33 SAL	Main
Shaping Up With Weights for Dummies	Video	613.71 SHA	Main
Simple Steps to Looking Ten Years Younger	DVD	613 SIM	Main
Simple Stretches	DVD	613.7046 SIN	Main
Sit and Be Fit: Osteoporosis II Workout	DVD	613.7108 SIT	Main
Stott Pilates: Be Kind to Your Spine	DVD	613.71 STO	Main
Stott Pilates: Core Balance	DVD	613.71 STO	Main
Stott Pilates: Sculpt and Tone with Moiré	DVD	613.71 STO	Main
Stress Relief Yoga for Beginners	Video	613.79 STR	Both
Stretch by Jazzercise	DVD	613.715 STR	Both
Sweatin' to the Oldies 2 (Richard Simmons)	Video	613.71 SWE	Main
Tae Bo (basics; 8-minute workout; ultimate total body workout; advanced)	Video	613.71 TAE	Main
Tai Chi Inner Wave with Joey Bond	DVD	613.7 TAI	Main
Walk on to Weight Loss: Walking Pilates Calorie Burning Workout	DVD	613.7 WAL	Main
Walk, Sculpt and Tone (Debbie Rucker)	DVD	613.7 WAL	Main
Weight Watchers Low Impact Aerobics	Video	613.7 WEI	Main
Yoga Conditioning for Weight Loss	Video	613.7046 YOG	Main
Yoga for Inflexible People	DVD	613.7046 YOG	Main
Yoga for the Rest of Us: essentials for every body	DVD	613.7046 YOG	Main
Yoga for the Rest of Us: a step-by-step workout	DVD	613.7046 YOG	Main
Yoga: Just My Size	DVD	613.7046 YOG	Main
You Can Dance: (7 vols.): Cha-Cha, Foxtrot, Mambo, Rhumba, Swing, Tango, Waltz	DVD	793.33 YOU	Main
You, on a Diet: With Dr. Michael Roizen	DVD	613.25 YOU	Main

