

## Nonfiction DVDs

10-minute solution. Pilates [DVD]

8th habit : from effectiveness to greatness - Stephen Covey

American Heritage series of 10 DVDs with historian David Barton

1. Why history matters / Unearthing America's Christian foundations
- 2.
3. Ideas that birthed a nation
- 4.
5. Influence of the Bible in America
6. When religion was culture
7. Evidence of America's spiritual heritage
8. Four centuries of American Education
9. Great Black Patriots
10. Assault on Judeo-Christian Values

Blast away the pounds [DVD] : indoor walk – Denise Austin

Burn fat fast : cardio dance & sculpt [DVD]

Burn fat fast [DVD]

Cardio Dance Blast [DVD]/ Crunch Fitness

Dance it Off! [DVD]/ Prevention Fitness Systems

Dance off the Inches [DVD]/ 15 Minute Express

Dance Off the Inches [DVD]/ Calorie Blasting Party!

Denise Austin. [DVD] Hit the spot Pilates

Expelled [DVD] : no intelligence allowed.

Fat-blasting yoga [DVD]

IMAX Space Station

Manners of Downton Abbey

Prevention Fitness Systems 3-2-1 Workout

Steppin' out Ballroom Dancing

Sweatin' to the oldies 1 [DVD]

Sweatin' to the oldies 2 [DVD] :

Sweatin' to the oldies 3 [DVD] :

Sweatin' to the oldies 4 [DVD] :

Tank Top Arms [DVD] Workout DVD

Total Body Conditioning for Beginners

Walk away the pounds :

Walk Out with Jane Fonda

Winged migration [DVD]