

AEROBICS

Aerobics Teacher's Workbook Tapiolas (2nd edn) AUST 1996 \$45.00

Step-by-step information on how to teach aerobics, includes teaching drills, creative ideas, music and class plans.

Aerobic Training Paul GER 2000 \$32.95

Step Aerobics Pahmeier et al GER 2001 \$32.95

AQUAROBICS

Adapted Aquatics Programming Lepore USA 1998 \$83.60

Aquatic Readiness Langendor USA 1995 \$51.70

Develops water confidence in young children.

Complete Guide to Exercise in Water (2nd edn) Norris AUST 2005 \$45.00

Fitness Aquatics Case USA 1994 \$31.95

Teaching Infant and Pre-school Aquatics AUSTSWIM AUST 2000 \$34.95

Helps instructors & parents encourage a child's natural curiosity & playfulness to develop basic aquatic and water safety skills.

Water Exercise: 78 Exercises White USA 1995 \$31.95

Makes it easy for you to design your own water exercise program, whether for injury rehabilitation, special conditions, cross-training or just shaping up.

Water Fun & Fitness: 98 Safe Activities Elder USA \$28.95

YMCA Water Fitness for Health Sanders et al USA 2000 \$69.30

For instructors designing programs for all age groups and water depths.

EVALUATION & MEASUREMENT

ACSM's Guidelines for Exercise Test & Prescrip (7th edn) ACSM USA 2005 \$59.40

Information on quantitative data-threshold values, nomograms & normative fitness, details on special populations such as children, pregnant women & the elderly.

Advanced Fitness Assess & Ex Prescrip (5th edn) Heyward USA 2006 \$108.90

Provides a well-balanced approach to the assessment of physical fitness and the design of exercise programs, addressing cardiorespiratory endurance, muscular fitness, body weight and composition, and flexibility.

Australian Fitness Norms Gore AUST 1992 \$27.50

Fitness information on the general population in Australia, providing the fitness assessor with clearly described & illustrated procedures.

Exercise Analysis Made Simple (4th edn) Batman AUST 1994 \$33.00

Measurement & Eval in Human Performance (3rd edn) Morrow et al USA 2005 \$139.70

Comprehensive text & software package that helps students in the application of measurement concepts.

Movement Skill Assessment Burton & Miller USA 1998 \$74.25

Discusses six levels of movement skill assessment, defining purposes of movement skill assessment in educational & therapeutic environments.

Multi Stage Fitness Test (CD) ASC AUST \$43.00

20M shuttle run test (beep test)

Pedometer Power Pangrazi et al USA 2003 \$33.55

67 lessons for K-12

Research Methods in Physical Activity (5th Edn) Thomas & Nelson 2005 \$123.20

FITNESS—GENERAL

28-Day Body Schoenfeld USA 2006 \$31.95

Provides provides real, sustainable results with the fastest way to shape the body you've always wanted. Taken step-by-step through four weeklong stages of workouts and menus that are set up to fit practically any lifestyle.

Athletic Body in Balance - Optimal movement skills and conditioning for movement Cook USA 2003 \$35.95

Athletic Body in Balance DVD Cook 2005 \$59.95

ACSM Fitness Book (3rd edn) ACSM USA 2003 \$29.95

Written by experts at the American College of Sports Medicine, this book presents an exercise program and fitness checks for a variety of fitness levels.

Athletic Woman's Survival Guide Otis & Goldingay USA 2000 \$31.95

How to win the battle against eating disorders, amenorrhea and osteoporosis.

Better Body Bean UK 2005 \$16.95

Easy-to-use, practical and packed with tips and advice, this full colour guides gives you all the information to develop muscle, create great body definition or simply improve your overall physique.

Body Sculpting - Tone and reshape your body in 6 weeks Mundy 2004 \$27.95

Bodyworks - Power for Women Unger et al GER 2001 \$32.95

Provides a comprehensive program and detailed workout instructions so that you can change your figure according to the goals you have set yourself.

Building Strength & Stamina (2nd edn) Westcott USA 2003 \$35.95

Program using Nautilus strength machines and other fitness equipment.

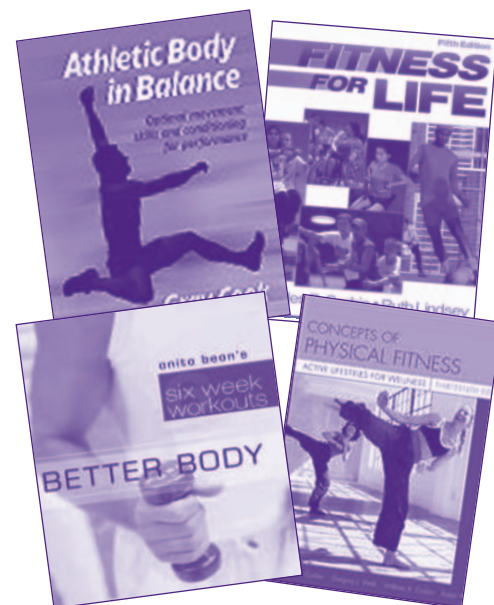
Complete Guide to Circuit Training Lawrence & Hope UK 2001 \$39.95

Complete Guide to Exercise to Music (2nd Edn) Lawrence 2005 \$45.00

Complete Guide to Exercising Away Stress Lawrence 2005 \$45.00

Concepts of Physical Fitness: Active Lifestyles for Wellness (13th edn) (incl. PowerWeb) Corbin et al USA 2006 \$85.95

Thirteen editions have proven this as the most trusted text in the area of fitness and wellness, providing self-management skills necessary to adopt a healthy lifestyle. Its time-tested activity labs and logs help students acquire skills that



make a positive difference for lifelong health, fitness, and wellness. The text's proven conceptual format (brief 'concepts' rather than chapters) presents useful, concise information, focus on process or lifestyle changes, early coverage of planning, students are able to apply the concepts immediately.

Exercises You Can Do Anywhere Rothery AUST \$25.00

Exercise manual covers a range of options for using portable equipment you may have lying around your house or at your local gym. There is also a range of exercises you can do without equipment.

Fit & Well: Core Concepts & Labs (7th edn) Fahey et al USA 2007 \$78.95 (P/web)

Designed for students, this text presents exercise physiology & sports medicine, plus tools for self-assessment & guidelines for becoming fit.

Fitness & Health (6th edn) Sharkey USA 2007 \$48.95

Explains how the body responds to physical activity, why physical activity is so important to health & how best to become physically active.

Fit Ball Workout Endcott & Hamlyn UK 2005 \$14.95

Fitness for Life (5th edn) Corbin et al USA 2005 \$44.00

Motivate students to become informed consumers in matters related to lifelong physical activity and fitness; learn self-management skills that lead to adopting healthy lifestyles; learn lifelong fitness and physical activity concepts; take personal responsibility for program planning and setting individualised goals; recognise and

overcome the barriers to reaching their activity and fitness goals.

Interval Training for Fitness *Nitti & Nitti* UK 2003 \$39.95

Morning Cardio Workouts *Kahn & Biscontini* USA 2007 \$29.95

Motivating People to be Physically Active *Marcus & Forsyth* USA 2003 \$56.65

Comprehensive reference describing proven methods for helping people change from inactive to active living. The behavior change methods are useful not only for healthy adults but also for individuals with chronic physical & psychological conditions.

Multi Stage Fitness Test (CD) *ASC* AUST \$43.00

20M shuttle run test (beep test)

Physical Activity for Health & Fitness *Jackson* USA 2004 \$56.65 (updated edition)

Physical Fitness: Pathway to Healthful Living (8th edn) *Hockey* USA 1996 \$84.95

Encourages structure in a wellness program looking at a comprehensive range of fitness concepts such as cardiovascular endurance, nutrition, exercise, weight & stress management plus the fitness program itself.

Physical Fitness and Wellness (3rd Edn) *Greenberg et al* USA 2004 \$79.75

Precision Heart Rate Training - For Maximum Fitness and Performance *Burke* (Ed) USA 1998 \$33.95

Sculpting Her Body Perfect (2nd Edn) *Schoenfeld* USA 2003 \$35.95

Strength Ball Training (2nd edn) *Goldenberg & Twist* USA 2007 \$36.95

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises.

Strong to the Core - Get on the Ball for a Long Lean Physique *Westlake* AUST 2002 \$25.95

If you're looking for muscle tone and definition, but also want a stronger, healthier, injury-free body, this book will help you

achieve the very best from your fitball. It provides basic exercise ball principles combined with a strength conditioning workout.

Ultra FIT - the Total Fitness Manual *Shepherd* AUST 2004 \$45.00

Filled with essential information to help you understand how your body works, how to exercise effectively, and the techniques to get and stay fit.

Walking: Fitness & Health through Everyday Activity *Bos & Saam* GER 1999 \$15.95

Walking Games and Activities - 40 New Ways to make Fitness Fun *Decker & Mize* USA 2002 \$44.00

FITNESS/GYM BALL

Basic Fitness on the Ball *Malcolm* UK 2004 \$29.95

Kids on the Ball *Spalding et al* USA 1999 \$47.85

Strength Ball Training (2nd edn) *Goldenberg & Twist* USA 2007 \$36.95

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises. Preferred by elite athletes, fitness experts, and strength and conditioning specialists, these exercises train the body as a linked system rather than targeting muscles in isolation.

Strong and Stable *Westlake* AUST 2007 \$25.95

With over 80 exercises it builds on basic fitball exercises, and designed to suit all ages and levels of fitness. Will help you look good and feel fantastic.

Strong to the Core - Get on the Ball for a Long Lean Physique *Westlake* AUST 2002 \$25.95

Looking for muscle tone and definition, but also want a stronger, healthier, injury-free body, this book will help you achieve the very best from your fitball. It provides basic exercise ball principles combined with a strength conditioning workout.

as an essential text for those seeking ACSM health/fitness instructor certification and an invaluable reference for certified fitness professionals striving to stay informed amid ongoing research advances.

Health & Fitness Instructor's Handbook (4th edn) *Howley & Franks* USA 2004 \$110.00

For health & fitness professionals wanting to learn about advances in physical fitness including the scientific foundations of fitness, nutrition, components of fitness, exercise prescription & programming.

Motivating People to be Physically Active *Marcus & Forsyth* USA 2003 \$56.65

Comprehensive reference describing proven methods for helping people change from inactive to active living. The behavior change methods are useful not only for healthy adults but also for individuals with chronic physical & psychological conditions.

Personal Trainer's Handbook (2nd edn) *O'Brien* USA 2003 \$63.80

Covers everything from designing fitness programs to handling clients. The author combines a legal background with personal training to give an overview of the business of personal training.

Personal Trainer's Handbook - Manage Your Business, Know Your Clients *Weissbort* UK 2006 \$47.95

Practical reference guide to the day-to-day running of a personal training business.

Physical Activity Instruction of Older Adults *Jones & Rose* 2005 USA \$110.00

Promoting Physical Activity: Guide for Community Action *USHHS* USA 1999 \$69.30

Resistance Training Instruction: Advanced Principles & Techniques for Fitness Professionals (2nd edn) *Aaberg* USA 2007 \$51.70

Your Personal Trainer *Brooks* USA 1999 \$40.95

Provides individually tailored programs, structured workouts & planned training cycles to help achieve fitness goals.

MANAGEMENT & MARKETING

Business of Personal Training *Roberts* USA 1996 \$47.85

How to create, market & manage a personal training enterprise.

Exercise Management: Concepts and Professional Practice *MacKinnon et al* USA 2003 \$86.90

Provides an interdisciplinary approach to developing, prescribing & delivering high-quality physical activity programs.

Facilities Management: Theory & Practice *Alexander* 1996 UK \$82.00

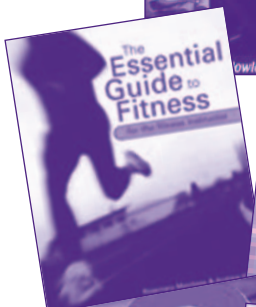
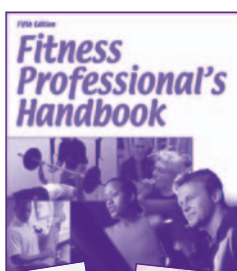
Introduces a framework for the discipline of facilities management that challenges many current forms & highlights new methods for achieving optimum business performance.

Festival & Special Event Management (3rd edn) *McDonnell et al* AUST 2004 \$83.95

Provides an introduction to the principles associated with planning, managing & staging festivals & special events.

Health Fitness Management *Grantham et al* USA 1998 \$110.00

Offers owners, managers & students preparing to enter the industry, in-depth & insightful information on running a health fitness facility smoothly, efficiently & successfully.



Management of PE & Sport (13th edn) P/web
Bucher & Krotee USA 2007 \$118.95

A useful tool for planning & managing an athletic event of any size. Provides a comprehensive checklist allowing the administrator to conduct a function in a systematic & organised manner.

Management Strategies in Athletic Training (3rd edn) *Ray* USA 2005 \$110.00

Principles of organisation & administration as applied to different employment settings in athletic training, eg. human resource management, budgeting, facility design & planning, information management & legal considerations.

Managing Sport & Leisure Facilities: Guide to Competitive Tendering *Sayers* UK 1991 \$224.00 ***FIRM SALE***

Clear operating guide to leisure management by contract, providing expert advice for both contractor & client.

Members for Life *Gerson* USA 1999 \$56.65

Proven service & retention strategies for health/fitness & sports clubs.

Organizing Successful Tournaments (2nd edn) *Byl* USA 1999 \$52.95

Presents 5 major types of team & individual sports tournaments - single & double elimination, multilevel, round robin & extended events.

Recreational Sport Management (4th edn) *Mull et al* USA 1997 \$86.90

Recreation & Sport: Planning & Design (2nd edn) *Daly* AUST 2000 \$74.25

Presents creative easy-to-work with planning concepts at local, regional, national & international levels.

Sport Marketing (3rd edn) *Mullin et al* USA 2007 \$128.70

This thoroughly updated version of the leading sport marketing text, directs students to a better understanding of the theoretical backbone that makes sport marketing such a unique and vibrant subject to study. With a comprehensive ancillary package, new examples and perspectives from the field, and the latest information about marketing in the burgeoning sport industry.

Sport Tourism *Standeven et al* USA 1999 \$84.70

Text & reference for students & professionals in the area of sports tourism which capitalises on the relationship between tourism & the multi-billion dollar sports industry.

Sport Management: Guide to Professional Practice *Smith & Stewart* AUST 1999 \$59.95

Addresses on-field performance, finance, event & facility management, human resource issues, marketing, sponsorship & the legal & structure of a sporting organisation.

Strategic Sport Marketing *Shilbury et al* AUST 1998 \$59.95

Comprehensive & original text for sport management students, lecturers & practising sport administrators.

Understanding Sports Organisations *Slack* USA 1997 \$104.50

OLDER ADULTS

Active Living Every Day *Blair et al* USA 2001 \$52.95

20 steps to lifelong vitality.

Active Older Adults: Ideas for action *Allen* USA 1999 \$39.05

Cycling Past 50 *Friel* USA 1998 \$31.95

Exercise for Older Adults: ACF Guide for Fitness

Professionals *Cotton et al* USA 1998 \$63.80

Running Past 50 *Benyo* USA 1998 \$31.95

Strength Training for Seniors *Westcott & Baechle* USA 1999 \$56.95

Instructor's guide for developing safe & effective program.

Strength Training Past 50 *Westcott & Baechle* USA 1998 \$31.95

Swimming Past 50 *Goldstein & Tanner* USA 1999 \$31.95

SPORTS TRAINING

5k and 10k Training *Clarke* USA 2005 \$31.95

Diabetic Athlete *Colberg* USA 2001 \$35.95

Gives athletes and dedicated fitness enthusiasts with type 1 and type 2 diabetes practical tips to manage better while training and competing for performance.

Guiding the Young Athlete *Jenkins & Reaburn* AUST 1999 \$24.95

From the authors of *Training for Speed and Endurance*, comes an 'all you need to know' guide to teachers & parents on exercise & fitness for the young.

High-Performance Sports Conditioning *Foran* USA 2000 \$40.95

In Pursuit of Excellence (3rd edn) *Orlick* USA 2000 \$31.95

Inspirational & practical this is a guide to balanced daily living and long-term achievement.

Serious Training for Endurance Athletes (2nd edn) *Sleamaker* USA 1996 \$34.95

Sports Speed (3rd edn) *Dintiman* USA 2003 \$35.95

Sports Training Principles (4th edn) *Dick* UK 1997 \$45.00

Builds on the foundation of the relevant sports sciences, covers training theory & examines the tools necessary for correct decision making in developing sports performers.

SportsVision - Training for Better Performance *Wilson & Falkel* USA 2004 \$47.85

A dynamic program to teach athletes to see the ball, the field, teammates, and opposition better, giving them the ability to perform better. This cutting-edge book provides coaches, athletes, sports medicine professionals, and parents with more than 50 sports vision training exercises and activities.

Successful Endurance Training *Newman et al* GER 1999 \$32.95

Athletes, trainers, coaches & medical supervisors will find ideas for their fields in this detailed presentation of the training environment from the point of view of both sports medicine & methodology.

Total Training for Young Champions *Bompa* USA 2000 \$34.95

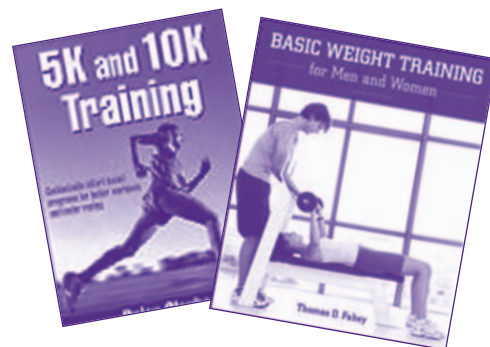
Provides nearly 300 exercises covering different ability levels. Also sports-specific training programs in 11 sports, including baseball, basketball, soccer, swimming, tennis, volleyball and track & field.

Training for Speed, Agility, and Quickness (2nd Edn) (incl DVD) *Brown & Ferrigno* USA 2005 \$38.95

Training for Speed & Endurance *Reaburn & Jenkins* AUST 1995 \$24.95

Provides practical guidelines for developing & maintaining speed & endurance for individuals & team players. Authors involved in training & development of elite athletes.

Training for Sports & Fitness *Rushall & Pyke* AUST 1990 \$55.00



Comprehensive text on the principles & practice of training. Sections of the book are structured to allow the reader to understand, plan & maximise physical training for sport.

STRENGTH TRAINING

Basic Weight Training for Men & Women (6th edn) *Fahey* USA 2007 \$47.95

Body Conditioning for Men *Lubicz* UK 2005 \$29.95

Body conditioning program divided into 4 week plans that will build your abilities and guarantee impressive results.

Body Toning with Weights *Norris* UK 2003 \$45.00

Explains the principles of weight training, including preparation, energy systems, how muscles work and basic physiology.

Complete Guide to Strength Training (3rd edn) *Bean* UK 2002 \$39.95

Designing Resistance Training Programs (3rd edn) *Fleck & Kraemer* USA 2004 \$92.40

Effective Strength Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises *Brooks* USA 2001 \$65.45
Drawing on scientific principles & theories related to resistance training, this book provides the 'how' and the 'why' behind the proper performance of popular upper-body, lower-body & trunk exercises.

Encyclopedia of Muscle & Strength *Stoppani* USA 2006 \$36.95

Essentials of Strength Training & Conditioning (2nd edn) *NSCA, Baechle (Ed)* USA 2000 \$123.20

Leading exercise science professionals explore the scientific principles, concepts & theories of strength training & conditioning as well as their practical applications to athletic performance.

Exercise Analysis Made Simple (4th edn) *Batman & Van Capelle* AUST 1999 \$30.00

A step-by-step approach. All information for any muscle group on easy to use cards.

Exercise Guide to Resistance Training *Batman & Van Capelle* AUST 1995 \$33.30

A valuable tool for anyone undertaking a program of resistance training & professionals involved in the prescription of exercise. Also assists with exercise selection, execution & muscle involvement.

Explosive Power & Strength *Chu* USA 1996 \$33.95

High Performance Sports Conditioning *Foran* (Ed) USA 2001 \$40.95

High-Powered Plyometrics *Radcliffe & Farentinos* USA 1999 \$34.95

77 advanced exercises for explosive sports training to increase lower, middle & upper body power.

Also avail: DVD 2005 \$43.95



Jumpmetrics *Tyson & Cook* USA 2004 \$34.95
Contains a series of functional tests to measure your ability to move, react and help you determine the best starting point for your training in the programs which are broken into three levels. At each level, you'll find 12-16 week programs to boost you to new heights of performance.

Jumping Into Plyometrics (2nd edn) *Chu* USA 1998 \$33.95
Learn not only how to improve vertical and linear jumping abilities but also how to increase upper body strength.

Morning Strength Workouts *Lang* USA 2007 \$29.95

Muscle Mechanics (2nd edn) *Aaberg* USA 2006 \$34.95
Teaches resistance trainers the safest & most effective techniques for performing 73 exercises.

Periodization Training for Sports (2nd edn) *Bompa* USA 1999 \$35.95

Periodization: Theory & Methodology of Training (4th edn) *Bompa* USA 1999 \$69.30

Power Eating (3rd edn) *Kleiner* USA 2007 \$29.95
Build muscle, gain energy, lose fat. For strength trainers & bodybuilders.

Resistance Training for Health and Rehabilitation *Graves & Franklin* USA 2001 \$92.40
Collection of current thinking of leading researchers and preeminent scientists. Will help professionals quickly identify the pros and cons of resistance training as it relates to a wide range of medical conditions.

Sports Power *Sandler* USA 2005 \$33.95
Provides all the tools to build sport-specific power and allow you to attain the highest level of performance.

Strength & Power for Young Athletes *Faigenbaum & Westcott* USA 1993 \$34.95
Combines up-to-the-minute research on youth strength training with a meticulous array of training exercise & tips.

Strength Training *NSCA* USA 2007 \$40.95
This book combines the most valuable information with the best instruction for proven results.

Strength Training Anatomy (2nd edn) *Delavier* USA \$34.95
An inside view of muscles in action during every exercise you perform. This indispensable reference contains detailed anatomical drawings of strength exercises for the entire body, covering every major muscle group:

arms, shoulders, chest, back, legs, buttocks, abdomen.

Strength Training Anatomy Poster Series *Delavier* USA 2005 \$158.95 (set of 7) Full colour, 60x80cm.

Posters are available to purchase separately:

Legs Poster \$24.95
Back Poster \$24.95
Arms Poster \$24.985
Shoulders Poster \$24.95
Chest Poster \$24.95
Abdomen Poster \$24.95
Gluteals Poster \$24.95

Strength Training for Women *Inclendon* USA 2005 \$34.95

More than simple descriptions of exercises & training programs, this book explains why the exercises are important and which training program is right for you. You'll gain insight into how the female body responds to training and come away with 6 sample programs and more than 102 exercises to train every area of the female form.

Strength Training for Young Athletes (2nd edn)

Kraemer & Fleck USA 2005 \$35.95
Design a sport-specific strength training program choosing from more than 100 strength exercises structured specifically for ages 7-18.

Stronger Abs & Back *Brittenham & Brittenham*

USA 1997 \$31.95

Stronger Legs and Lower Body *Roberts & Shelton* USA 2002 \$31.95

Includes strengthening & stabilising exercises to target every area of the lower body: hips, buttocks, hamstrings, quadriceps, lower legs & calves - making it easy for you to focus on the specific areas you need to work on.

Total Training for Young Champions *Bompa* USA 2000 \$34.95

Training for Speed, Agility and Quickness (2nd edn) *Brown et al* USA 2005 \$38.95 (incl DVD)

More than 200 drills are included to teach athletes how to use of speed, agility & quickness training to enhance sports performance.

Weight Training Fundamentals *Sandler* USA 2003 \$25.95

Weight Training - Steps to Success (3rd edn) *Baechele & Groves* USA 2006 \$31.95

Women's Strength Training Anatomy *Delavier* USA 2003 \$35.95

Provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas.

STRETCHING & MASSAGE

Body Sculpting *Gallagher & Mundy* USA 2004 \$27.95

Complete Guide to Sports Massage *Paine* UK 2001 \$45.00

Learn through clear step-by-step instructions the principles and techniques of this key branch of sports therapy.

Complete Guide to Stretching *Norris* AUST 2004 \$42.95

Offers more than 70 exercises designed to safely increase range of motion right across the body.

Facilitated Stretching: PNF Stretching (3rd edn)

McAtee USA 2007 \$43.95

Illustrates PNF (proprioceptive neuromuscular

facilitation) stretching techniques to increase the range of motion in healthy athletes.

Full-Body Flexibility *Blahnik* USA 2004 \$31.95

Organised by body region and by type of movement so that you can quickly find a flexibility workout ranging from 10 to 40 minutes.

Perfect Posture *Crunch* USA 2000 \$23.95

Presents combination of exercises, stretches & yoga techniques that will lead to improved posture.

Science of Flexibility (3rd edn) *Alter* USA 2004 \$92.40

This practical text includes illustrated stretching exercises with a concentration on muscle structure and the technical nature of stretching.

Sport Stretch (2nd edn) *Alter* USA 1997 \$31.95

Stretching (20th edn) *Anderson* USA 2000 \$32.25

Over 1000 drawings with clear concise instructions which teach the right way to stretch, & help at the start of a physical fitness program.

Stretching Anatomy *Nelson & Kokkonene* USA 2006 \$34.95

This book will arm you with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. Gain a detailed understanding of how each stretch affects your body. It is like having an X-ray of each stretch, only better.

Stretching Handbook (2nd edn) *Walker* AUST 1998 \$19.95

Stretching Posters: USA

- **Stretching Basics** \$25.95

- **Stretching for a Healthy Back** \$25.95

- **Testing Your Flexibility** \$25.95

Stretch to Win *Frederick* USA 2006 \$34.95

Leave the old static stretches, this book presents a complete flexibility training system - a proven winner for today's athlete. The new way to both loosen up and perform your best.

Understanding Sports Massage (2nd edn)

Benjamin USA 2005 \$57.20

YOGA & PILATES

Complete Guide to the Pilates Method *Menezes* AUST 1999 \$32.95

The Pilates Institute in London is a renowned centre for dealing with chronic back pain. The founder of the Pilates Institute in Australia, details the complete guide to floor routines.

Morning Pilates Workouts *Murakami* USA 2007 \$29.95

Morning Yoga Workouts *Kurland* USA 2007 \$29.95

Pilates *Isacowitz* USA 2006 \$33.95

Strengthen, lengthen, and sculpt your muscles with the full range of Pilates exercises.

Powers Pilates - guide to longevity and well-being through pilates *Powers* UK 2005 \$29.95

YogaFit *Beth Shaw* USA 2001 \$31.95

Program for a more powerful, flexible, and defined physique.

Also avail: **Book & Video** \$67.95

Yoga Tips for Success *Polet-Kittler* GER 2002 \$17.95