

DJK CD's

LSB

Schweigen schützt die Falschen Landessportbund
Spiele u. Übungen zur Förderung der individuellen Gestaltungsfähigkeit im gesundheitsorientierten

Sport

Kinder

Kids Beats vol.1 move ya
Kids Beats vol.2 move ya

Tanz

Country Line Dancing Music The Stetson Stompers

Speciales

Abba Mania move ya
Best of James Last move ya
100 % Rock Aerobic 1 move ya
100% Rock Aerobic vol. 2 move ya
100% Rock workout 2 move ya

Drums alive move ya Carrie Ekins
Drums alive vol.2 move ya Carrie Ekins
Drums alive vol. 3 move ya Carrie Ekins

Latin

Latino Aerobic vol.3 X-tremly Fun
Latin Power Aerobic/step (2 CD)
Welcome Fitness music move ya
Zumba fitness TCM

Aroha

Aroha Body Mind Soul, vol. 5 move ya
Aroha Body Mind Soul, vol. 5 move ya
Aroha CD 1

Gymnastik, Muskel Toning

Flexi- Bar Flexi Beats II move ya
Flexi &Step Beats

Summer Hits toning
16 Power hits Sport Thieme
Fitness Training Meyer&Meyer
My motion vol.1 Sportleben
Bodystyling Pop & Dance Hits vol.3 move ya
Fitness workout Ayurvital

Aerobic Senioren

Fit over 60 vol.1	move-ya
Fit over 60 vol. 2	move ya
60`s vol. 3	multitrax
Aerobic Trends 50 plus	Meyer und Meyer
Seniors vol 3 (2 CD)	fitpro

Aerobic “ nicht so schnell ”

Disco classics (2CD)	fitpro
School dayz (2CD)	fitpro
90`s Hits (2CD)	fitpro
Chat Hits 1	fitpro
Fit over 40	move ya
Fit over 40 vol. 2	move ya
Deutscher Pop Schlager vol. 1	move ya
New Country roads	move ya
It`s Partytime	move ya
Disco pop hits vol. 1	move ya
Disco fox hits vol.1	move ya
Aerobic 1	move ya
Step and dance vol. 3	move ya
Disco fever Best of 70`s	move ya

Aerobic/ Step

2007 most wanted Best of step & aerobic	move ya
2011 Best of step & aerobic (2CD)	interactive- music
Top 20 step	
Step & drum Party Hits	move ya
Chart attac autumn 09	move ya
Step experience charts hits spring 11	move ya
Step experience chart hits Spring 12	move ya
Power aerobic Chart hits spring 12	move ya
The world of aerobic (2CD)	zyx
High impact aerobics	
Apres Party mix workout&step vol.1	
Apres party mix aerobic & thai-bo vol. 2	
Aerobic workout 3	
Cardio Intervall	move ya
Finals	move ya

Gymnastik, Muskel Toning

Flexi- Bar Flexi Beats II	move ya
Flexi & Step Beats	
Summer Hits toning	
16 Power hits	Sport Thieme
Fitness Training	Meyer&Meyer
My motion vol.1	Sportleben
Bodystyling Pop & Dance Hits vol.3	move ya
Fitness workout	Ayurvital

Pilates/ Wirgelsäulengymnastik

Pilates flowtronic 2

Lucia Nirmala Schmidt

Entspannung

Tai Ji	Viva
Streching	viva
Power Yoga	arvatr/Bertelsmann

DVD

GO Koordination Übungen mit der Koordinationsleiter
Handbuch: Die Koordinationsleiter