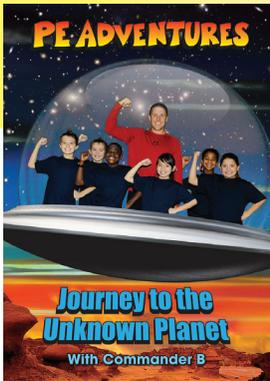


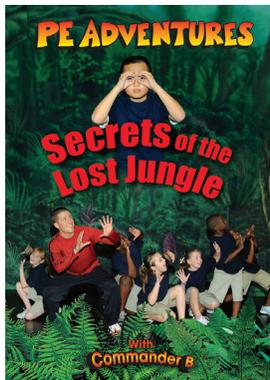
PE Music & Classes



PE ADVENTURES - Journey to the Unknown Planet (DVD)

Get ready for a space ship journey! Commander B will begin with a crew de-briefing and training. Then zoom through space and explore the planet skipping, jumping and defying gravity. Enter caves, climb mountains, fly over the planet, hop the lava rocks and spy on aliens. Return home and your mission is accomplished! All core muscles have been worked as well as your imagination. Includes a 20-minute fitness class with a 10-minute bonus workout for grades K-6.

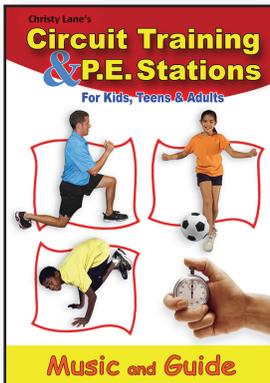
112DVD.....\$19.95



PE ADVENTURES - Secrets of the Lost Jungle (DVD)

Join Commander B and his expedition team in an exciting one-of-a-kind adventure through the lost jungle. Climb ladders, move rocks, find treasures, discover new animals, and go over a waterfall while using all core muscles. This 20-minute fitness class (with an optional 10-minute bonus section) is a fun new way to workout both the body and the brain! A great idea for a bad weather day! For grades K-6.

111DVD.....\$19.95



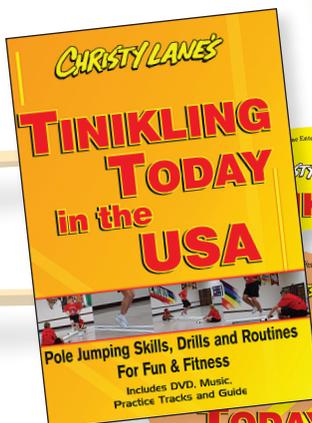
Circuit Training & P.E. Stations for Kids, Teens & Adults

Circuit training, also known as "Stations" by physical educators, is the biggest craze today because of the fun and variety it offers. A great way to keep fit, this CD and Guide were created by Christy Lane and Brett Kilka with their years of teaching experience combined with recommendations from instructors around the U.S.

Included in this package is a program for kids, teens and adults as well as individual workouts and class workouts. The MUSIC ROCKS! The #1 songs from popular sound tracks to Ricky Martin, J-Lo and Flo Rida at the perfect exercise beat will guarantee to get you moving! Also included is a printable illustrated GUIDE with over 125 pages! We even included Wall Signs for you to post! All ages.

CL112CD.....\$29.95

"Christy's products are awesome! -Debbie Roch



Tinkling Today in the USA Package (DVD, CD, Guide)

The DVD Includes:

- Basic Techniques
- Skills & Drills
- 3 Fun Routines!

The CD Includes:

- Three practice rhythm beats
- 7 great songs with added drum accents
- A complete printable guide!

Very popular in the schools today, Tinkling is a fun and effective way to work the cardiovascular system while learning rhythm, balance, and coordination. Performed by jumping over long poles to music, this package teaches the basic techniques, skills, drills and 3 fun routines. All ages.

CL126DVD.....\$39.95