

## AEROBICS

Certainly, when we hear the word aerobics, the first thing comes to mind is music, movement, dance, gym and generally a great activity that may need some specialized skills. The translation of the word aerobics in Greek is «aeroviosi». This term was developed by Dr. Kenneth H. Cooper in the 1960's to America.

It's a way a fitness, which requires increased oxygen. This is one of the main reasons that make it so valuable to the health and wellbeing. Gradually leads to increased biological energy and vitality. It revitalizes the body, increase the brain activity and wellbeing. The aerobic procedure is a scientific system and program, which is the basis for proper exercise.

There are a variety of programs at the Sport Center of University of Cyprus such as: aerobic, group step, group kick, light-weight exercises, floor exercises and Pilates. All these programs aimed to enhance muscle power, and to fulfill balance between body, mind and soul.

All programs are designed for all ages with control and accuracy movements ensuring the safety of participants.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
15:00-16:00	19:00-20:00	19:00-20:00	15:00-16:00
			

