

AEROBICS COMPETITION 2018-2019

The Aerobics Competition for classes III, IV and V was held on the 10th of October 2018. The programme started off with an introduction to Aerobics which is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training to improve all the elements of fitness. The judges were Mrs. Surabhi Sameer, Mr. Elvin Bonifacio and Mrs. Vinodini all having expertise in the field. The first to present aerobics on stage were the participants of class III who performed the Floor Aerobics. The next were the participants of class IV who performed Rhythmic Aerobics and finally the participants of class V who performed exercises using the Aerobics Steps. The participants left the judges and audience mesmerized with their performance.

It was a moment of joy and celebration as the Runner's Up Trophy and The Overall Championship Trophy of Aerobics was announced and presented.

THE RESULTS OF THE AEROBICS COMPETITION 2018-2019

CLASS	1st Place	2nd Place	3rd Place
III	AKBAR HOUSE	ASHOKA HOUSE	VJVEKANANDA HOUSE
IV	AKBAR HOUSE	ASHOKA HOUSE	VJVEKANANDA HOUSE
V	ASHOKA HOUSE	AKBAR HOUSE	TAGORE HOUSE

The Aerobics Championship Trophy

Runner's Up Trophy- ASHOKA HOUSE

Overall Championship Trophy

AKBAR HOUSE