



# PODAR ENRICHMENT ACADEMY

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Year 2011 - 12  
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## Aerobics & Jazz

### Basic step of Aerobics

- Different style of Aerobics
- Dance with Aerobics
- How to use the properties with Aerobics
- Western Dance with Aerobics
- Basic step of Aerobics
- Different style of Aerobics
- Dance with Aerobics
- How to use the properties with Aerobics
- Western Dance with Aerobics
- How do we reduce weight to use the Aerobics
- Aerobics with Yoga

### Primary

- Basic step of Aerobics
- Different style of Aerobics
- Dance with Aerobics
- How to use the properties with Aerobics
- Western Dance with Aerobics

### Requirement

- Bolls- Big Balls
  - Pompom- Pompom- Hand
  - Sticks-1 ½ mts long
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