

Activity Report Oct 2017

Aerobics @ ABS prozone

Date: 1st October 2017

** By Expert trainers Prashant and Kunal

Project Heads: Neena,Priya,Charu,Neeti

Venue: ABS FITNESS PROZONE MALL

Time: 6am- 8:30am

Attendees: 60

Expenses - 3,460/-

Work distribution for cores:

1. Warm up 6:10am
2. Breakfast was upma and tea.

Details:

- Getgoing arranged an introductory session for its members.
- The session was arranged in association with Aurangabad's leading fitness center ABS Fitness. - The specialist trainers of ABS fitness gave hands on training to all members of Getgoing.
- In this session the members learnt the scientific technique of doing various workouts.
- After the session the members were served a healthy and nutritious breakfast.