

GYMNASTICS FEDERATION OF FIJI



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Gymnastics Federation of Fiji

National AeroGym Showcase

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The 2019 3rd Annual Gymnastics Federation of Fiji National AeroGym Showcase took place over the weekend at the Suva YMCA with VIP guests including Fiji Association of Sports and National Olympic Committee (FASANOC) Vice President Ms. Cathy Wong.

Teams from across Fiji came together to showcase their AeroGym routines. AeroGym combines gymnastics skills with dance in a fast-paced, fun and energetic sport. Performing to music the participants demonstrate high intensity, continuous movement patterns, utilising strength, flexibility and agility.

AeroGym Fiji is an Australian Government funded Pacific Sports Partnerships (PSP) project led by Gymnastics Australia and the Oceania Gymnastics Union in partnership with the Gymnastics Federation of Fiji. The project aims to address issues facing Fijians including high levels of non-communicable diseases, low levels of physical activity, lack of accessibility to quality sport activities, inequalities facing people with disabilities and barriers to women participating in sport. It is a truly inclusive activity which allows people with disabilities to perform in teams alongside able-bodied participants.

Women and men, boys and girls of all ages and abilities performed at the event, showcasing their skills and vying for awards in various categories. A panel of judges used set criteria to evaluate the routines for Presentation and Artistry. But awards aside, these AeroGym participants are all winners, having plenty of fun whilst improving their health and fitness through regular exercise.

To find out more or for interview opportunities email: coordinatorgff@gmail.com

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