**Aerobic Gymnastics**

Aerobic has not only been a great form of physical training for the general public since the end of the 1980’s, but also a top-level competitive sport.

Aerobic Gymnastics presents dynamic moves, strength, flexibility, co-ordination and musicality in a routine, lasting up to 1 minute 50 seconds (1’30’’ for all categories from 2013).

The different categories are: Individuals Men, Individuals Women’s, Mixed Pairs, Trios and Groups (of 6 gymnasts). The routine is performed on a 7 x 7 m area (floor – for individuals), 10 x 10 m for the Mixed Pairs, the Trios and the Groups

In 1994, the FIG Congress decided to organize World Championships and began to structure Aerobic Gymnastics in a similar way to its other competitive sports disciplines to be one day an Olympic discipline. In 2011, the FIG decided to include Aerobic Dance and Aerobic Step in the World Championships programme, since Sofia in 2012.

The first Official World Championships were held 1995 in Paris (34 participating federations).

Aerobic Gymnastics as a type of Sport in Georgia started to practice from 2004 by honored Georgian Aerobic Gymnastics coach and The Vice President of Aerobic Gymnastics of Georgia: Mrs. Luba Sergovantseva.

The first major tournament in which Georgian gymnasts participated was Ukrainian International Open Tournament 2010. Ketevan Sikharulidze participated at the tournament.

This sport is very young In Georgia , and nowadays, we have new generation training and getting ready for the coming international and national championships and tournament.