

## **WOMEN RELATIONS ON AEROBICS APPLIED ON THE RECREATION EXERCISES IN FITNESS CENTRES**

### ***Abstract***

*Different programs of aerobic enable: satisfaction of the need for physical activity, keeping good health, increase of psychological tension, the right use of spare time. Positive attitude toward physical exercise make it possible to include larger number of women in different aerobic programs. The aim of this research was to establish what is attitude towards aerobic of the women who regularly exercise different aerobic programs in the fitness centers „2M“ and „Trim cabinet“ in Niš. A questionnaire which consisted of 12 questions was applied to gain data. The results of the research have shown that the largest number of women has positive attitude towards aerobic.*

**Key words:** *women, attitude towards aerobic, aerobic programs*

---