

An illustration of a diverse group of people performing a yoga or fitness routine. They are arranged in two rows on colorful mats. The front row consists of five individuals in various poses, including a downward dog and a side plank. The back row also has five individuals in similar poses. The background is a light, textured white. A central banner contains the text 'GROUP EXERCISES'.

# GROUP EXERCISES

# CONTENT

- Individual exercise and its advantages & disadvantages
- Introduction to group exercise
- Importance of group exercise
- Organisation of group exercise
- Mass exercise

