**CORRECTION OF THE FIGURE BY MEANS OF COMPLEX CLASSES WITH FITNESS OF WOMEN 25-30 YEARS**

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**Abstract**. With the advent of the new direction in the world of fitness, in the field of health technologies, significant changes began to occur. Every year the number of sports, therapeutic, health fitness programs is growing. Fitness classes are the development of all physical qualities necessary for everyday life. Fitness is a great way to correct your body, especially for those who have health problems.

**Keywords:** fitness, body shaping, occupations, health technologies.

Unfortunately, not everyone has the opportunity, for health reasons, to go jogging or morning exercises. The problem is compounded by the presence of comorbidities, previous injuries [2, p. 10]. Many people can’t do without the help of a specialist, the selection of individual means of physical culture, the optimal mode of physical activity, selection of intensity and dosage classes [4]. The specificity of fitness consists in the selection of different types of sports exercises and other measures (recommendations on nutrition, rules for organizing work, rest and training sessions) to improve health, strengthen body systems and body correction [3, p. 11].

Increased interest in the occupation of "building" a beautiful and strong body is quite large. However, two principal points should be noted. The first is that in this kind of physical culture, from the first steps of classes, a strictly reasonable and rational method of classes is required. It is based on the gradual training loads and rigorous consideration of the individual characteristics of the students, their gender and age [5, 6]. The second position - the target orientation of the fitness training should be interconnected with a complex of other physical exercises, especially cyclical [1, p. 74].

By selecting certain programs for solving problems of recovery, it is possible to influence the organism as a whole or it's individual systems, the development of motor skills, to achieve the desired result in questions of body correction. Selection of the necessary exercises, their intensity depends on the individual structure of the figure, state of health [7, 8].

After analyzing the literary sources revealed some features of health fitness. Particular attention was paid to the impact of health fitness on the body of women 25-30 years.

1. Fitness classes for women aged 25-30 years have features that are necessary to select the most effective program. These features include the structure of the figure, age-related changes, metabolic processes, hormonal level, anthropometric indices, the work of the cardiovascular system.

2. When choosing training programs for women aged 25-30, their age characteristics should be taken into account: total weight, state of the musculoskeletal system, endocrine system condition, the presence of chronic diseases, diet, bad habits.

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