

Test Drive

Enjoy a test drive

Here's what your child will experience during their fitness test drive:

- A 45-60 minute training session – Your child will participate in a fun and energizing workout.
- Fitness assessment – This assessment will determine what areas of your child's physical development we can help improve.
- Sports assessment (optional) – If your child is looking to improve their performance in a particular sport this assessment will pinpoint which areas they need to strengthen.
- A plan – We will discuss a training plan that will help your child/teen achieve success.
- A written report will be shared.

TOTAL TEST DRIVE COST: \$135

Sibling /Friend joining for \$35 additional (note, no extra charge for virtual)

Please note, the Test Drive is a single session, and cannot be applied to other programs.

Cancellation Policy: You must provide your child's Personal Trainer with at least 24 hours notice if you need to cancel, to avoid paying for the session.

Thank you.

Energetic Juniors 212-879-1566

www.energeticjuniors.com