



**We are now offering customized *virtual* training for children/teens.**

The following are Energetic Juniors Virtual Personal Training program options and rates. Contact us today so we can customize a program to meet your child's needs and goals.

#### One-On-One Training

- 4 Session Jump Start Program:.....\$130/session
- 10 Session Program:.....\$125/session
  - There is a one-time registration fee of \$60.00
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#### **\*PLEASE NOTE\***

**Two siblings or a parent and child can train for the same rate as one. There is no additional charge for the sibling or parent.**

**One-hour sessions can be divided into two 30-minute sessions.**

## **Virtual Buddy Workout: Your child/teen can train with a friend for a one-hour session. each in their own home for one hour.**

### **Program Details:**

- Cancellation of sessions must be received at least 24 hours in advance to avoid being charged.
- Sessions are payable in advance by check, or credit card.
- Sessions are non-refundable and must be used within six months from date of purchase. (Any family member can use any remaining sessions.).

### **QUOTES**

This is all such good news! Thank you, John, for keeping our son going and for your thorough notes. His spirits are noticeably brighter on the days he works out with you.  
Mom of a teen.

Working with Mario online is going well. Mario gets our son moving and working his body hard, which is so important right now. And he is exhausted by the end of each session - just like in-person training. Thank you, Mario!  
Dad of a teen

"My son who is 11-years-old used to have two actual training sessions per week and due to social distancing we decided to try virtual training instead. For us, virtual training has been convenient and as effective as real life training. For growing kids, training is very important physically and mentally, especially during the lock-down time and having the option of virtual training is a great advantage that has been working fabulously for us and our son"  
Mom of 11 year old

"Paytra's training really pushes me to my limits, but she makes me have so much fun doing that!"  
Teen age 17

Thank you Meredith! She absolutely loves her workout sessions with you! Thank you for keeping her motivated every step of the way! ( virtual sessions)  
Mom of 5 year old

"We talked about what is going on in the news which is nice because then I can talk to people outside of family and I like the meditation"  
Teen age 14