



The following are Energetic Juniors In-Home Personal Training/Park program options and rates. Contact us today and we can customize a program to meet your child's needs and goals.

One-On-One Training

- **4 Session Jump Start Program: \$140/session**
- **10 Session Program: \$135/session**

Semi-Private Training (2 children, price per child)

4 session Program: \$85/session

10 session Program: \$80/session

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Family Fit Program (3-4 family members)

4 session Program: \$175 Per Session

10 session Program: \$170 /session

Program Details:
Cancellation of sessions must be received at least 24 hours in advance.

- All sessions are 45- 60 minutes in length.
- Personal training sessions are scheduled for approximately 45–60 minutes in length. The exact duration of each session will vary based on the client's individual needs, goals, fitness level, and training plan. Your trainer will determine the appropriate session length to provide the most effective and personalized experience.
- There is a one-time registration fee of \$60.00
- Sessions are payable in advance by check or credit card.

Sessions are non-refundable, but any family member can complete the program.
Sessions must be used within four months from date of purchase.

Please call 212-879-1566, visit our website (www.energeticjuniors.com), or email bonita@energeticjuniors.com if you have any questions.