

**PRECISION  
PERSONAL TRAINING**

# Kids fitness

Does Your Child Have A Weight Problem?  
Need To Change Your Childs Future?  
Does your Child Need Activity?  
Time For A Healthy Change?

The Best way to get your child on board with a healthy new, active lifestyle is to commit to the changes yourself. Your actions teach your child what to eat, how much to eat, & when to eat. You also encourage your child to be physically active every day if you make it a priority for yourself. If you have tried everything & are still wondering what activity will work for my Child, come in visit Precision Personal Training.



**One - on - One \$49.99**  
PER SESSION

Need to get your little one on track? Our one-on-One program is designed for the fastest results. Fun, but intense. We teach them how to exercise safely and eat correctly

**Buddy Training \$29.99**  
PER SESSION

Have your child workout with a best friend. Aids in keeping each kid un-intimidated and motivated. A little less Involved than the one-on one program.

**Group Training \$12.99**  
PER SESSION

Bring your own group of 5 or more kids. A little less structured class and is based on circuit training type exercises. Great Introductory fitness program for kids.



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