



Give your Child a Strong  
Foundation with Personal Training  
*(For ages 8 – 17)*

**Did you know:**

- *Children who begin to exercise during adolescence are more likely to continue into an active adulthood.*
- *The Surgeon General recommends children accumulate a minimum of 30 minutes of physical activity everyday.*
- *American children spend an average of 3-4 hours per day watching TV.*

Whether you want to give your child an active start to lifelong health or are interested in Sports Specific Training, our Certified Personal Trainers can help!

**Available Packages:  
(for ages 8-17)**

**Individual Sessions:**

**12 sessions.....\$300**

**24 sessions.....\$480**

**Parent/Child:**

**12 sessions.....\$480**

**24 sessions.....\$840**

Individual sessions are 30 minutes in length; Parent/Child sessions are 1 hour in length. Physician Clearance required. For more information, contact Jesse Ausec at 770-793-7299 or by e-mail at [jesse.ausec@wellstar.org](mailto:jesse.ausec@wellstar.org).