



# kids fitness

## personal training

### overview

We all want the best for our kids, particularly when it comes to their health and fitness.

Busy Beats kids personal training focuses on just that - having your child's best interests at heart.

From sessions that promote putting the iPhone down, to training aspiring young athletes - we take the time to understand what your child likes and what they want to achieve.

We've worked with kids:

- of mixed abilities
- with weight issues
- passionate about fitness
- preparing for competition

The exercises we do, the music we listen to and even the location of the session are all carefully chosen to create a fun and positive yet challenging experience.

### benefits

- Focused attention on individual needs
- Develop fundamental, complex & precise movement skills
- Improve concentration & self confidence
- Increase coordination, strength & flexibility

### inclusions

- Qualified, registered & experienced teacher
- 45 minute session
- Personalised exercises & games
- Vibrant, age appropriate music
- Fully mobile service – all equipment provided

### styles

- Aerobics
- Skipping
- Yoga
- Cardio training
- Strength & conditioning

### pricing

Private session - \$55

Payment can be made in cash, or Electronic Funds Transfer (EFT) or online via the Busy Beats website. All payments must be made in full, prior to the commencement of the session. Prices are GST inclusive.

EFT payments can be made to:

ANZ BANK

Name: Busy Beats Fitness and Dance

Bsb: 014 690

Account: 4012 64883

(Please write your name in the description)