



Parent Child Duo Sessions

We heard the need for more fitness programs for your children and we are here to help

As most parents know firsthand how difficult it can be to find time to do things together with our children (apart from watching the TV or playing video games). A personal training session is a great opportunity to work together in a non competitive way with your child. Together you can learn to encourage and communicate with each other in a different environment other than from the home. It also helps build trust and respect of each other's abilities. This is very effective with children from 9+.



**All of our
Personal Trainers
are Certified**

**Darcie Adams
Mat Frankel**

**Suzanne Wall
Jodi Feulner
Sabrina Krouse**

**Come to our
"Meet The Trainers"
Day**

**September 25, 2010
10-1pm**

Prices & Policies

Trainings are \$30 per one hour session (\$15 a person) and limited to 2 members a session. To make your appointment contact Darcie~ 895-9500 X114 or dadams@dacc.info

