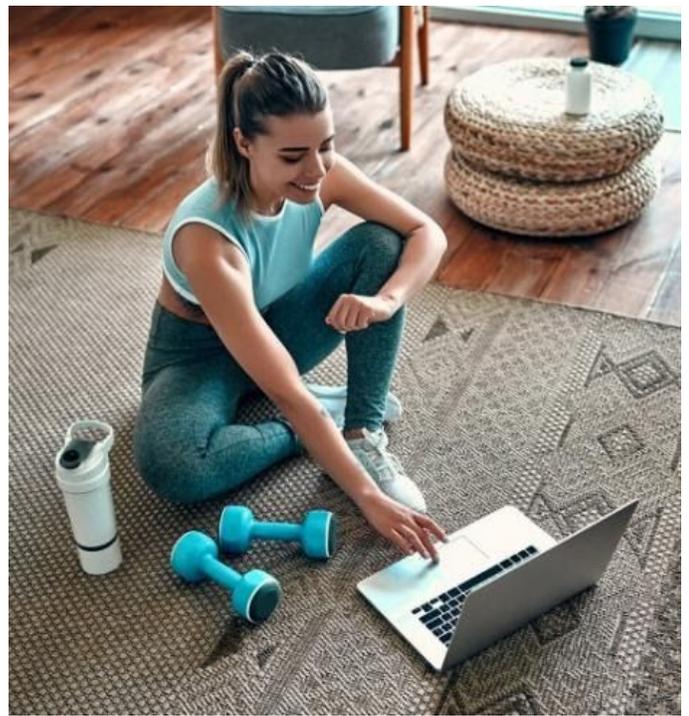


EMH Sports USA

Energy + Motion
= Health



EMH VIRTUAL FITNESS EXPERIENCE – Workout on your Schedule!

Hello Parents/Guardians:

EMH is excited to offer our “Virtual Fitness Experience” directly to students! It’s a session with a “live” instructor who can provide physical activity to your children virtually. We all know that exercise is good for physical health, but it’s also an important stress reliever for our mental well-being. EMH is offering another way for your children to receive the benefits of being motivated to exercise with live feedback on their progress. Our virtual options are streamed live via Skype or Zoom that will work for both you and the coach. Whether it is a basic exercise session or a sport skill-builder, there are many fitness/sports areas that your EMH instructor can provide:

- Aerobic Fitness
- Core Exercises
- Flexibility and Stretching
- Sport Specific Development (all sports)
- Fitness Gram Prep
- Individual Sports Skills
- Dance

How it works:

You sign up for a 45-minute session online, and EMH will assign an instructor to meet your needs after you fill out your questionnaire. Our Virtual Experience will provide the opportunity for the coach to interact in “real-time” with the student(s) and to be able to discuss and adjust the workout to meet the needs of the participant(s).

Why it Different from other Programs:

Our program differs from what is available elsewhere because your child(ren) are not watching a video and following along with it. Most times a person may quit halfway through the workout because it is not tailored for them or they are totally doing something wrong without the benefit of a correction. The instructor can check for understanding of what is being taught. The Virtual Fitness Experience will have a personal coach walking them through their exercise goals. It’s a one-on-one virtual experience.

Cost:

\$32 per student per session

\$75 for 3 or more students per session (must be family members).

POs or personal payment must be received before sessions can be booked. If you have any questions, please feel free to contact us at 855-213-4443, ext. 3 or email us at customerservice@emhsports.com