



Innate Fitness Monroeville  
4508 Broadway Blvd.  
Monroeville, PA 15146  
412-373-2790  
innatefitnessmonroeville@gmail.com

## Offering Sports Performance Training for all athletes – elementary through high school

Most people think of speed and agility with regards to sports performance training. However, there is a much greater range of benefits that can be obtained when training our youth to make them more effective movers and more successful athletes as they grow and mature. ***Give your child every opportunity to excel in the sports that they love by taking advantage of our program.*** We will make your child better prepared both mentally and physically to achieve their fullest potential!



We build age appropriate programs to make sure that our clients are trained with ***proper progressions of technique, rigor, intensity, and difficulty.*** In relationship to developing an athlete, we target the following areas: ***hand eye coordination, balance, tracking, reaction time, speed, agility, quickness, core strength, stability, transfer of power, bilateral and unilateral movements, body control, functional strength, flexibility, muscular endurance, dynamic movements, and cardiovascular endurance.***



### **Ages 8–12**

This program is designed for young athletes who ***participate in any sport.*** Athletes in this program will work on developing skills necessary to ***increase overall athleticism.*** By addressing different fundamental movements in a positive, fun environment we can build an athletic foundation that will improve ***speed, agility, muscular endurance and strength.*** By improving technique, coordination, and motor skills you will see an improvement in athleticism.



### **Ages 13-18**

***At this age, we “train with application”.*** At this point we are making an effort to increase foundational ***muscular strength, muscular endurance, cardiovascular endurance, flexibility, coordination, speed, agility, balance, and skill.*** We will use sport specific movements as well as body weight and resistance exercises to best prepare this athlete for success. At this age, skill refinement and technique mastery will separate a moderate athlete from a stand out athlete. ***We will make the athlete skilled, efficient, strong, and in control of their body.***

Call us today at **412-373-2790** to schedule a free session! Sessions can be done individually or with your sports team to maximize the fun and benefits. Small group sessions can also be arranged.

Ten 45 minute sessions are \$179 (***less than \$18/session***) and twenty 45 minute sessions are \$330 (***\$16.50/session***). We have ***flexible scheduling Monday-Saturday. Family discounts are available.***

For more information - [www.joininnatefitness.com](http://www.joininnatefitness.com)