



INNATE FITNESS MONROEVILLE

4508 Broadway Blvd.
Monroeville, PA 15146
412-373-2790
www.joininnatefitness.com

Kids CHAOS

We are making fitness exciting!! Children aged 3-10 will reap the benefits of a fitness program structured for their skill level. We build upon the fundamentals of fitness and incorporate these movements into games and drills. Learn healthy habits at a young age that you can carry throughout your lifetime. Parents may participate if they choose, but it is not required. For questions, please call Innate Fitness Monroeville at 412-373-2790 or email us at innatefitnessmonroeville@gmail.com.

Classes are Tuesdays and Thursdays from 6-6:45 pm and every other Saturday at 10 am. Your 1st class is free! Adult CHAOS classes are Tuesday and Thursday at 7 pm and Saturday at 9 am to make scheduling fitness for your family easy. Free Wi-Fi is available.

