

ATHLETE PERSONAL TRAINING

» **Pillar Athletic Performance**

ONLINE & IN-PERSON

Whether you want to workout from home, returning from an injury, or want more 1:1 coaching, we've got you covered. We have programs to fit every athlete!

1:1 COACHING

Athletes will receive the best care from our amazing coaching staff. We are excited to work with you!

MOVEMENT ASSESSMENT

We assess your mobility & movement in a full body assessment. Programs come with weekly check-ins and a goals meeting.



Programs

Silver

- Online only, 8-weeks basic training, starting at \$75!

Gold:

- Online only, 4-weeks, fully individualized, & movement assessment!

Platinum:

- In-person, session based, fully individualized, weekly check-ins, movement assessment & access to a coach for questions/feedback!



**Contact erin@pillarfitness.com
or 419-318-1937
to sign-up!**

