

# PILLAR ATHLETIC PERFORMANCE



## CUSTOM STRENGTH TRAINING

Athletes will receive customized strength training based on what sports they compete in. Strength programming is designed to reduce risk of injury, and increase performance.

## SPEED, FORM, AND AGILITY

Athletes will work on developing coordination, power, and speed on our turf and high speed and push/pull treadmills.

## Max Recovery

Pillar utilizes a recovery room with massage chairs, compression boots, massage guns, and much more.

## SMALL CLASS SIZES

Classes are limited to 8 athletes per class. Athlete: coach ratio is no larger than 8:1

## CLASS SCHEDULE

Our class schedule and membership options accommodate for flexibility in athlete's schedules.



Contact us at:  
[erin@pillarfitness.com](mailto:erin@pillarfitness.com)  
or 419-318-1937  
to sign-up!

