



PILLAR ATHLETE PERFORMANCE TRAINING

Athlete Performance (Ages 12+)



SPARTASCIENCE



- **Speed and Agility**
- **Individualized Strength Training w/ Sparta Science**
- **Sport -Specific**
- **Small Class Sizes**

Class Schedule:

10-11:30 am M-F (starting June 6th)

4:30-600 pm M-Th

7-8:30 pm Monday-Thursday.

Youth Athlete Performance (Ages 8-11)

- **Modeled After Athlete Performance**
- **Age-Appropriate Strength Training**
- **Speed, Agility, and Coordination**
- **Problem Solving**

Class Schedule:

6-7 pm Monday-Thursday



Contact Erin Kielmeyer to Sign Up!

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