



Are you a college athlete? An aspiring college athlete?

We at the Riekes Center would like to help you achieve your goals.

Our Pinnacle program emphasizes functional enhancement for students striving to gain the highest level of athletic performance. This program prepares your mind and body for the rigors of college athletics.

Pinnacle includes:

- Group training with no greater than a 6:1 student to coach ratio.
- Initial musculoskeletal assessment
- Athletic performance evaluation

Typical Training Sessions include:

- Dynamic warmup, focused on flexibility and joint range of motion
- Core strength and stabilization exercises
- Complex Olympic lifting movements
- Running and agility drills
- Plyometric movements

Two nutritional assessments (pre- and post-program)
Two body composition assessments (pre- and post-program)

Sessions take place a minimum of three times a week for
90 minutes each.

Cost: \$45 / session

Financial aid is available for all of our programs.
For more information, please contact Jernae Wright
at (650) 298-3406, or by email: jwright@rieke.org.

