

TRIOLOGY

SPORTS & FITNESS

COMPLETE FITNESS

PACKAGES

Q.U.I.K. FIT

30 min. sessions

8 SESSIONS

\$69

BASIC

60 min. sessions

8 SESSIONS

\$129

ADVANTAGE

60 min. sessions

12 SESSIONS

\$179

UNLIMITED

\$99

UNLIMITED

~~**\$199**~~

LIMITED TIME OFFER!

NOW ONLY \$149

OPERATING HOURS

Sunday	Noon - 7 pm
Mon & Wed	4 am - 8 pm
Tue & Thu	11 am - 8 pm
Friday	4 am - 5 pm
Saturday	Closed

- Basics of a Fit & Healthy Lifestyle
- Intense Circuit Training
- Metabolic Conditioning
- Weight Management Nutrition
- In-depth Goal Setting
- Body Zone Toning Designs
- Intense Muscular Burn System
- Intro to a variety of fitness regimes:
 - Strength Training
 - Core & Stability Training
 - Dynamic Total Body

CALL TODAY:

913.498.1615 JOHN THOMAS
816.337.7723 COREY PHILLIPS

BOOK ONLINE:

TrilogyExplosion.com
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11050 W Longview Pkwy, Kansas City, Missouri 64135



PRICES ARE EFFECTIVE FEBRUARY THROUGH TO SPRING 2017