

TRILOGY

SPORTS & FITNESS

SPORTS PERFORMANCE PACKAGES



T3

SPRING 2017

PERFORMANCE SPORT-SPECIFIC

TEAM

2 WEEKLY SESSIONS

60 minute sessions
10 athletes

\$129 /athlete

*ASK ABOUT pricing for (10+) athletes

GOLD

2 WEEKLY SESSIONS

60 minute sessions

\$169

PLATINUM

4 WEEKLY SESSIONS

60 minute sessions

\$279

SPORT SPECIFIC EAS PLAN

Supplementation Literacy
6 WEEKS!

2 WEEKLY SESSIONS

\$449

60 minute sessions

PLATINUM UNLIMITED

Supplementation Literacy
Sports Performance Training Design

UNLIMITED SESSIONS

\$199

60 minute sessions



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

- Fast-Twitch Development
- Movement Efficiency
- Simplex & Complex Jumping
- Elite Performance & Skill Specifics
- Function Performance
- Power & Explosion Unit
- Metabolic Conditioning
- Sports-Speed Development



CALL TODAY:

913.498.1615 JOHN THOMAS

816.337.7723 COREY PHILLIPS

BOOK ONLINE:

TrilogyExplosion.com

facebook.com/TrilogyExplosion

11050 W Longview Pkwy, Kansas City, Missouri 64135

PRICES ARE EFFECTIVE FEBRUARY THROUGH TO SPRING 2017

*All programs are 30 days and are to be completed within 6 weeks, unless noted otherwise.