

# TRILOGY

SPORTS & FITNESS

## COMPLETE FITNESS PACKAGES

### TRIAL 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**  
**facebook.com/TrilogyExplosion**

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PRICES ARE EFFECTIVE FEBRUARY THROUGH TO SPRING 2017