

MOG

Custom Workouts



WE ARE HERE FOR YOU!

From the beginning, Trilogy Fitness, a Medically Oriented Gym, creates a customized experience for members. An initial visit allows our Staff to evaluate new members' current health situation through collecting data such as baseline biometrics (Heart Rate, BP, BMI, etc...), medical history, functional movement assessment, and personal goals. The Trilogy Fitness Staff uses the information collected to create a completely personalized workout program. Not only will these programs get you stronger, but also improve your function in everyday activities.

Extra Support When you Need it Most.

New Members are guided through their first workout to make sure they understand correct form, how to use the equipment, and how much resistance to use. The Staff at Trilogy Fitness is committed to making sure members feel confident and safe in their exercise program so they can reach their goals and enjoy the process.

An on-site personal trainer and health coach continue to offer support and guidance with workouts, stress management, and nutrition without any extra cost to you.

Restore, Rebuild, Renew

At Trilogy Fitness we are here to restore your health and body, rebuild your image and strength, and renew your self awareness and confidence. Get Started Today!

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Schedule Your Evaluation

Plan for an hour with us. We'll take your biometric numbers and have a Specialist meet with you so we can create a custom plan based on your goals.

Follow a Custom Plan

We'll schedule a follow-up appointment to walk you through your personalized workout so you feel comfortable and empowered at Trilogy Fitness

Achieve Your Goals

Trilogy Fitness clients have seen amazing results! Lose weight, gain muscle and learn how to move your body to reduce the risk of injury.