

MOG

MOG Specialized Programs



Personal Training

If you want a more extensive one on one experience than what we offer with our membership package, we also offer personal training. Our personal training sessions are 45 minutes and a personal trainer is with you every step of the way to assist with form, intensity, and rest periods. Personal Training will keep you motivated and help you meet your goals. The sessions should be scheduled at least a week in advance.

Stretch-N-Go

"Stretch-N-Go does for your joints what a massage does for your muscles."

Stretching has many benefits including increased blood flow, joint lubrication, improved range of motion, and decreased risk for injury. Stretch-N-Go is the Trilogy Fitness's manual stretch program that allows clients to take advantage of those benefits without the hassle of trying to figure out how to do it themselves. Each session is performed by a member of our qualified staff who will provide an enjoyable experience for clients. 45 minute or 30 minute sessions are available.

Health Coaching

Are you having trouble getting over the hump? Maybe you need help navigating the changes you would like to make. This is where Health Coaching comes in. Health Coaches use guidance techniques with patients that are interested in building a healthy life from nutrition, sleep, or other lifestyle choices. This service is FREE to members of the Trilogy Fitness.



TRILOGY FITNESS

a Medically Oriented Gym

Call us for Packages & Pricing!

(208) 734-5313