

got abs?



core challenge is back!

better the 2nd time around!

- **6 weeks** (April 11th-May 22nd)
- **\$96**
- **2 classes per week**
- **\$5 for additional classes**
- **choose from: Pilates Matwork, Gyrokinesis®, Muay Thai kickboxing or Combat Conditioning Classes**
- **prizes raffled everyday**
- **GRAND PRIZE raffle last class**
 - **1 ticket per attendance into the GRAND PRIZE raffle**
 - **bring a friend (new to TRILOGY) for \$5 and you receive 5 tickets into the GRAND PRIZE raffle**

Class Times:

Sunday	11am	Conditioning
	7pm	Pilates Matwork
Monday	9am	Pilates Matwork
	7:30pm	Pilates Matwork
Tuesday	12pm	Pilates Matwork
	7pm	Kickboxing
Wednesday	9am	Gyrokinesis®
	6pm	Pilates Matwork
Thursday	11am	Pilates Matwork
	7pm	Kickboxing
Friday	9am	Pilates Matwork
Saturday	9am	Pilates Matwork



3137 Far Hills Ave Kettering 299-6852

www.trilogystudio.com