

Mercy Sports Performance
powered by EXOS Training Schedule

Schedule 2024 Centene Ice Center

750 Casino Center Drive



Sports Performance
POWERED BY EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Class 6:30 - 7:30a	Adult Class 6:30 - 7:30a	Adult Class 6:30 - 7:30a	Adult Class 6:30 - 7:30a	Adult Class 6:30 - 7:30a	EXOS Sports Performance 9:00 - 10:00a	
EXOS Sports Performance 9:00- 10:00a	EXOS Sports Performance 9:00- 10:00a	EXOS Sports Performance 9:00- 10:00a	EXOS Sports Performance 9:00- 10:00a	EXOS Sports Performance 9:00- 10:00a	Adult Class 10:00 - 11:00a	
EXOS College Sports Performance 12:00 - 1:30p	EXOS College Sports Performance 12:00 - 1:30p	EXOS College Sports Performance 12:00 - 1:30p	EXOS College Sports Performance 12:00 - 1:30p	EXOS College Sports Performance 12:00 - 1:30p		
Open Gym 11:00a - 2:00p	Open Gym 11:00a - 2:00p	Open Gym 11:00a - 2:00p	Open Gym 11:00a - 2:00p	Open Gym 11:00a - 2:00p		
Re-Launch 3:30 - 4:30p	Re-Launch 3:30 - 4:30p	Re-Launch 3:30 - 4:30p	Re-Launch 3:30 - 4:30p	Re-Launch 3:30 - 4:30p		
Adult Class 5:30 - 6:30p	Adult Class 5:30 - 6:30p	Adult Class 5:30 - 6:30p	Adult Class 5:30 - 6:30p	Adult Class 5:30 - 6:30p		

[Mercy.net/stlEXOS](https://www.mercy.net/stlEXOS)



@Mercysportsperformance_EXOS



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Schedule 2024 New Ballas



Sports Performance
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Class 6:00- 7:00a	Adult Class 6:00- 7:00a	Adult Class 6:00- 7:00a	Adult Class 6:00- 7:00a	Adult Class 6:00- 7:00a	Adult Class 8:00-9:00a	
					EXOS Sports Performance 9:00-10:00a	
Adult HIIT Class 12:00 -1:00pm	Adult HIIT Class 12:00 -1:00pm	Adult HIIT Class 12:00 -1:00pm	Adult HIIT Class 12:00 -1:00pm	Adult HIIT Class 12:00 -1:00pm		
Re-Launch 4:30 - 4:30p	Re-Launch 4:30 - 4:30p	Re-Launch 4:30 - 4:30p	Re-Launch 4:30 - 4:30p	Re-Launch 4:30 - 4:30p		
Adult Class 5:30- 6:30p	EXOS Sports Performance 5:30-6:30p	Adult Class 5:30- 6:30p	EXOS Sports Performance 5:30-6:30p	Adult Class 5:30- 6:30p		

Personal Training



Semi Private Personal Training:

- 2-4 clients per 1 coach
- Individual Programming
- Dietitian Consultation
- Normatec compression Therapy
- More cost effective than traditional Personal Training

Current openings:

- Centene: 7:00am, 4:30pm, 6:30pm, 7:30pm
- New Ballas: 7:30 am, 9:00am, 3:30pm, 6:30pm

Semi Private Personal Training:

- 1 on 1 coaching
- Individual Programming
- Dietitian Consultation
- Normatec compression Therapy
- Open times

Setup Free initial consultation

314-852-2738 or Bret.kelly@teamexos.com

Class Descriptions



Adult Class

Hour long classes that use research based programs including dynamic warm ups, strength training, metabolic conditioning and recovery techniques to best help you reach your goals.

EXOS Sport Performance

Sports Performance Training prepares the athlete to get the most out of their bodies by increasing strength , endurance and flexibility leading to increased productivity on the court/ field and decreasing injury. Ages 10-18 years old. All skill levels welcome.

Open Gym Hours

Look, we know everyone is short on time these days. Drop in to our open gym hours anytime between 12:00 and 1:00pm to have coach guided workouts at your own pace

Re-Launch

The Bridge program fills the gap from rehab back to sport. Our sports medicine and performance staff work together to make sure you are ready to play at a high level and reduce your risk for reinjury.

Team Training

EXOS is the leader in Sports Performance. Schedule with us now to have your teams train with us on speed, agility, strength and conditioning. Contact our General Manager today for more information: 314-852-2738

