

# Fall Schedule 2021



Sports Performance  
POWERED BY EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sports Performance & Adult Classes 6:30 - 7:30a	Sports Performance & Adult Classes 6:00 - 7:00a	Sports Performance & Adult Classes 6:30 - 7:30a	Sports Performance & Adult Classes 6:00 - 7:00a	Sports Performance & Adult Classes 6:30 - 7:30a	Sports Performance 9:00 - 10:00a	
EXOS Rapid Fit 7:30 - 8:00a	Bridge Class 3:30 - 4:30p	EXOS Rapid Fit 7:30 - 8:00a	Bridge Class 3:30 - 4:30p	EXOS Rapid Fit 7:30 - 8:00a	Adult Class 10:00a - 11:00a	
Bridge Class 3:30 - 4:30p	Sports Performance 4:30 - 5:30p	Bridge Class 3:30 - 4:30p	Sports Performance 4:30 - 5:30p	Bridge Class 3:30 - 4:30p		
Sports Performance 4:30 - 5:30p	EXOS Rapid Fit 5:00 - 5:30p	Sports Performance 4:30 - 5:30p	EXOS Rapid Fit 5:00 - 5:30p	Sports Performance 4:30 - 5:30p		
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		

For more information or to sign-up, contact [Mercystl@teamEXOS.com](mailto:Mercystl@teamEXOS.com) or call 314-852-2738

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



@Mercysportperformance\_EXOS



Mercy Sports Performance powered by EXOS

# Class Descriptions



## Adult EXOS

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

All skill and ability levels welcome.

## 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

## Bridge

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.

## EXOS Rapid Fit

These 30 minute classes are specifically made for someone short on time and still wants an EXOS workout. We utilize full body strength and conditioning movements within a HIIT style circuit. Just like all of our classes our coaches will adjust to your abilities.

