

2022 Spring Schedule



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	
Adult Class 8:30 - 9:30a		Adult Class 11:30 - 12:30a		Bridge Class 3:30 - 4:30p	Adult Class 10:00a - 11:00a	
Bridge Class 3:30 - 4:30p	Sports Performance 4:30 - 5:30p					
Sports Performance 4:30 - 5:30p	Adult Class 5:30 - 6:30p					
Adult Class 5:30 - 6:30p						

For more information or to sign-up, contact 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.

