

Mercy Sports Performance powered by EXOS Training Schedule

Schedule 2025 New Ballas



Sports
Performance
POWERED BY EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Semi Private Training 7:00 -8:00am	Semi Private Training 8:00 - 9:00am	Semi Private Training 7:00 -8:00am	Semi Private Training 8:00 - 9:00am	Semi Private Training 7:00 -8:00am		
Semi Private Training 9:00 - 10:00am		Semi Private Training 9:00 - 10:00am		Semi Private Training 9:00 - 10:00am		
	Semi Private Training 12:00 - 1:00pm		Semi Private Training 12:00 - 1:00pm			
Re-Launch 4:30 - 5:30p			Re-Launch 4:30 - 5:30p	Re-Launch 4:30 - 5:30p		
Semi Private Training 5:30 - 6:30pm			Semi Private Training 5:30 - 6:30pm	Semi Private Training 5:30 - 6:30pm		

Mercy Sports Performance powered by EXOS Training Schedule

Schedule 2025 Maryland Heights



Sports
Performance
POWERED BY EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	EXOS Sports Performance 9:00 - 10:00a	
EXOS Sports Performance 4:30 - 5:30p	EXOS Sports Performance 4:30 - 5:30p	EXOS Sports Performance 4:30 - 5:30p	EXOS Sports Performance 4:30 - 5:30p	EXOS Sports Performance 4:30 - 5:30p	Adult Large Group Class 10:00 - 11:00am	
Adult Large Group Class 5:30 - 6:30p	Adult Large Group Class 5:30 - 6:30p	Adult Large Group Class 5:30 - 6:30p	Adult Large Group Class 5:30 - 6:30p	Adult Large Group Class 5:30 - 6:30p		

For more information or to sign-up, contact Bret.Kelly@teamEXOS.com or call Mercy at 314-852-2738

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



@Mercysportperformance_EXOS



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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.

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.

Semi Private Training

Semi-private training gives you a personalized workout in a small group (2-4 people), similar to personal training but at a lower cost. You get individual attention while enjoying the motivation of working out with others.