

Mercy Sports Performance
powered by EXOS Training Schedule

Schedule 2024 New Ballas



Sports Performance
POWERED BY EXOS

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	
Open Gym 12:00 -1:00pm	Open Gym 12:00 -1:00pm	Open Gym 12:00 -1:00pm	Open Gym 12:00 -1:00pm	Open Gym 12:00 -1:00pm		
	Re-Launch 3:30 - 4:30p		Re-Launch 3:30 - 4:30p			
Re-Launch 4:30 - 5:30p	EXOS Sports Performance 4:30-5:30p	Re-Launch 4:30 - 5:30p	EXOS Sports Performance 4:30-5:30p	Re-Launch 4:30 - 5:30p		
Adult Class 6:00-7:00p	Adult Class 6:00-7:00p	Adult Class 6:00-7:00p	Adult Class 6:00-7:00p	Adult Class 6:00-7:00p		
EXOS Sports Performance 7:00-8:00p		EXOS Sports Performance 7:00-8:00p		EXOS Sports Performance 7:00-8:00p		

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Schedule 2024 Maryland Heights



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	
					Adult Class 10:00 - 11:00a	
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 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 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		
Team Training Openings from 3:30 - 9:00p	Team Training Openings from 3:30 - 9:00p	Team Training Openings from 3:30 - 9:00p	Team Training Openings from 3:30 - 9:00p	Team Training Openings from 3:30 - 9:00p	Team Training Openings All Day	Team Training Openings All Day

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

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

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

