# Schedule 2025 New Ballas





SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	

### Schedule 2025 Maryland Heights





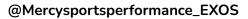
SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Re-Launch 3:30 - 4:30p	EXOS Sports Performance 9:00 - 10:00a				
EXOS Sports	Adult Large				
Performance	Performance	Performance	Performance	Performance	Group Class
4:30 - 5:30p	10:00 - 11:00am				
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









## **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.