



MONUMENT HEALTH
SPORTS PERFORMANCE INSTITUTE
 POWERED BY EXOS

Effective: June 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:50a Adult: EXOS <i>Morgan</i>	5:00-5:50a Adult: EXOS <i>Morgan</i>	5:00-5:50a Adult: EXOS <i>Morgan</i>	5:00-5:50a Adult: EXOS <i>Morgan</i>	5:00-5:50a Adult: EXOS <i>Morgan</i>	7:00-7:50a Adult: EXOS <i>EXOS Coach</i>
6:00-6:45a Power Flow Yoga <i>Jill</i>	6:00-6:45a Cycle <i>Jill</i>	6:00-6:45a Power Flow Yoga <i>Jill</i>	6:00-6:45a Cycle <i>Jill</i>	6:00-6:45a Power Flow Yoga <i>Jill</i>	8:30- 9:20a Adult: EXOS <i>EXOS Coach</i>
6:15-7:05a Adult: EXOS <i>Morgan</i>	6:15-7:05a Adult: EXOS <i>Morgan</i>	6:15-7:05a Adult: EXOS <i>Morgan</i>	6:15-7:05a Adult: EXOS <i>Morgan</i>	6:15-7:05a Adult: EXOS <i>Morgan</i>	
7:15-8:15a EXOS College Performance <i>Morgan</i>	7:15-8:15a EXOS College Performance <i>Morgan</i>	7:15-8:15a EXOS College Performance <i>Morgan</i>	7:15-8:15a EXOS College Performance <i>Morgan</i>	7:15-8:15a EXOS College Performance <i>Morgan</i>	9:45-10:15a Athlete Movement Skill <i>EXOS Coach</i>
9:15-10:05a Adult: EXOS <i>Morgan</i>	9:15-10:05a Adult: EXOS <i>Morgan</i>	9:15-10:05a Adult: EXOS <i>Morgan</i>	9:15-10:05a Adult: EXOS <i>Morgan</i>	9:15-10:05a Adult: EXOS <i>Morgan</i>	
10:30-11:30a Sports Performance <i>Chris</i>		10:30-11:30a Sports Performance <i>Chris</i>		10:30-11:30a Sports Performance <i>Chris</i>	
	11:30a-12:00pm HIIT Cycle <i>Fran</i>		11:30a-12:00pm HIIT Cycle <i>Fran</i>		
12:00-12:50p Adult: EXOS <i>Eric</i>	12:00-12:50p Adult: EXOS <i>Eric</i>	12:00-12:50p Adult: EXOS <i>Eric</i>	12:00-12:50p Adult: EXOS <i>Eric</i>	12:00-12:50p Adult: EXOS <i>Eric</i>	
	12:30-1:30p Sports Performance <i>Chris</i>		12:30-1:30p Sports Performance <i>Chris</i>		
1:30p / 2:15p / 3:00p Athlete Movement Skill <i>Chris</i>	1:30p / 2:15p / 3:00p Athlete Movement Skill <i>Chris</i>	1:30p / 2:15p / 3:00p Athlete Movement Skill <i>Chris</i>	1:30p / 2:15p / 3:00p Athlete Movement Skill <i>Chris</i>	1:30p / 2:15p / 3:00p Athlete Movement Skill <i>Chris</i>	
3:30-4:30p Sports Performance <i>Chris</i>	3:30-4:30p Sports Performance <i>Chris</i>	3:30-4:30p Sports Performance <i>Chris</i>	3:30-4:30p Sports Performance <i>Chris</i>	3:30-4:30p Sports Performance <i>Chris</i>	
4:45-5:35p Adult: EXOS <i>Chris</i>	4:45-5:35p Adult: EXOS <i>Chris</i>	4:45-5:35p Adult: EXOS <i>Chris</i>	4:45-5:35p Adult: EXOS <i>Chris</i>	4:45-5:35p Adult: EXOS <i>Chris</i>	
5:30-6:20p Adult: EXOS <i>Eric</i>	5:30-6:20p Adult: EXOS <i>Eric</i>	5:30-6:20p Adult: EXOS <i>Eric</i>	5:30-6:20p Adult: EXOS <i>Eric</i>		
6:00-6:30p EXOS Launch <i>Chris</i>	6:00-6:30p EXOS Launch <i>Chris</i>	6:00-6:30p EXOS Launch <i>Chris</i>	6:00-6:30p EXOS Launch <i>Chris</i>		


MONUMENT HEALTH
 SPORTS PERFORMANCE INSTITUTE
 POWERED BY EXOS

Cycle	Adult EXOS	Sports Performance (10-18 years old)
<p>This cycling class has you climbing hills, sprinting and jumping for more. All levels welcome. Novice cyclist should arrive 10 minutes before class, to speak with a team member. Limited to 5 spots per class.</p>	<p>High energy class includes a dynamic warm up, strength training, cardio intervals and metabolic conditioning, as well as mobility and recovery techniques. All skill and ability levels welcome.</p>	<p>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. Athletes will work in small groups with coaches to ensure training is done correctly and efficiently. Ages 10-18 years old. All skills welcome</p>

HITT Cycle	EXOS College Performance	Athlete Movement Skill
<p>Our regular Cycle class, only packed into 30 minutes of High Intensity Intervals. Quick bursts followed by short rest sets will get you an excellent workout. Novice cyclist should arrive 10 minutes before the start of class to speak with a team member. Limited to 5 spots per class. **30 minutes</p>	<p>This class will focus on prep for the college athlete. College athletes will work with the coach to design a program that best prepares them for their upcoming season. Both linear speed and multi directional agility will be worked on to develop specific movement skills under reactive and non-reactive conditions in an effort to optimize transfer in sport.</p>	<p>This 30-minute class, will focus will be on both linear speed and multi-directional agility. To develop specific movement skills under reactive and non-reactive conditions in an effort to optimize transfer in sport. **30 minutes</p>

Power Yoga Flow	EXOS Launch
<p>A powerful, energetic form of yoga where you will fluidly move from one pose to the next while connecting your breathing to the movements. All skill and ability levels welcome. *45 minutes</p>	<p>This 30 minute introductory class focus on the basics of our EXOS Adult Program. Individuals will be introduced to our movement preparation, strength training, and energy system development. **30 minutes</p>

Call 605.755.MOVE or Email
monumenthealthspi@teamexos.com