



MONUMENT HEALTH
SPORTS PERFORMANCE INSTITUTE
 POWERED BY EXOS

Effective: September 8, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	7:00-7:50a Adult: EXOS EXOS Coach
6:00-6:45a Power Flow Yoga Jill	6:00-6:45a Cycle Jill	6:00-6:45a Power Flow Yoga Jill	6:00-6:45a Cycle Jill	6:00-6:45a Power Flow Yoga Jill	8:15-9:15am Sports Performance EXOS Coach
6:00-6:45a Cycle Fran		6:00-6:45a Cycle Fran			
6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	9:30-10:20a Adult: EXOS EXOS Coach
7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	
8:45am-9:15am HIIT Cycle Fran	8:30am-9:15am Full Body Blast- Yoga Jamie	8:45am-9:15am HIIT Cycle Fran	8:30am-9:15am Full Body Blast- Yoga Jamie		
9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	
12:00-12:50p Adult: EXOS Chris	12:00-12:50p Adult: EXOS Chris	12:00-12:50p Adult: EXOS Kyle	12:00-12:50p Adult: EXOS Chris	12:00-12:50p Adult: EXOS Chris	
3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	
4:45-5:30p Cycle Fran		4:45-5:30p Full Body Blast- Yoga Jamie			
4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	
5:30-6:20p Adult: EXOS Kyle	5:30-6:20p Adult: EXOS Kyle	5:30-6:20p Adult: EXOS Kyle	5:30-6:20p Adult: EXOS Kyle		
6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris		
6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris		


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Adult EXOS	EXOS Launch	Sports Performance (10-18 years old)
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.	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	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

Cycle	HITT Cycle
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.	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

Power Yoga Flow	Full Body Blast Yoga
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	Get sweaty and strong. We will start with getting our heart rate up and then move to standing and upper body poses, inversions, some core work, twists, and balancing poses. Great class to tone the body and get energized. *45 minutes

Call 605.755.MOVE or Email
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