



MONUMENT HEALTH
SPORTS PERFORMANCE INSTITUTE
POWERED BY EXOS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					* Rotating Saturday
5:00-5:50a Adult: EXOS <i>Kyle T</i>	5:00-5:50a Adult: EXOS <i>Kyle T</i>	5:00-5:50a Adult: EXOS <i>Kyle T</i>	5:00-5:50a Adult: EXOS <i>Kyle T</i>	5:00-5:50a Adult: EXOS <i>Kyle T</i>	7:15-8:05a Adult: EXOS <i>EXOS Coach</i>
6:00-6:45a Pillar Plus <i>Fran</i>	6:00-6:45a Cycle <i>Fran</i>	6:00-6:45a Pillar Plus <i>Fran</i>	6:00-6:45a Cycle <i>Fran</i>	6:00-6:45a Regen and Stretch <i>Scott</i>	8:15-9:00a Yoga/Cycle/Mat Pilates* <i>Amy/Fran/Cecilia</i>
6:00-6:50a Adult: EXOS <i>Kyle T</i>	6:00-6:50a Adult: EXOS <i>Kyle T</i>	6:00-6:50a Adult: EXOS <i>Kyle T</i>	6:00-6:50a Adult: EXOS <i>Kyle T</i>	6:00-6:50a Adult: EXOS <i>Kyle T</i>	9:05-9:35a Kettle Bell Class <i>EXOS Coach</i>
7:00-7:30a Launch <i>Kyle T</i>	7:00-7:30a Launch <i>Kyle T</i>	7:00-7:30a Launch <i>Kyle T</i>	7:00-7:30a Launch <i>Kyle T</i>	7:00-7:30a Launch <i>Kyle T</i>	
	8:30-9:15a Full Body Blast- Yoga <i>Cecilia</i>	8:00-8:30a Mat Pilates <i>Amy</i>	8:30-9:15a Full Body Blast- Yoga <i>Cecilia</i>		
8:30-9:20a Adult: EXOS <i>Kyle T</i>	8:30-9:20a Adult: EXOS <i>Kyle T</i>	8:30-9:20a Adult: EXOS <i>Kyle T</i>	8:30-9:20a Adult: EXOS <i>Kyle T</i>	8:30-9:20a Adult: EXOS <i>Kyle T</i>	
	9:15-10:00a Cycle <i>Amy</i>		9:15-10:00a Cycle <i>Amy</i>		
12:00-12:50p Adult: EXOS <i>Chris H.</i>	12:00-12:50p Adult: EXOS <i>Chris H.</i>	12:00-12:50p Adult: EXOS <i>Chris H.</i>	12:00-12:50p Adult: EXOS <i>Chris H.</i>	12:00-12:50p Adult: EXOS <i>Chris H.</i>	
4:00-5:00p Sports Performance <i>Chris H.</i>	4:00-5:00p Sports Performance <i>Chris H.</i>	4:00-5:00p Sports Performance <i>Chris H.</i>	4:00-5:00p Sports Performance <i>Chris H.</i>	4:00-5:00p Sports Performance <i>Chris H.</i>	
4:45-5:35p Adult: EXOS <i>Kyle W.</i>	4:45-5:35p Adult: EXOS <i>Kyle W.</i>	4:45-5:35p Adult: EXOS <i>Kyle W.</i>	4:45-5:35p Adult: EXOS <i>Kyle W.</i>	4:45-5:35p Adult: EXOS <i>Kyle W.</i>	
		4:45-5:30p Yin to Vin <i>Cecilia</i>			
5:15- 5:45p EXOS Launch <i>Chris H.</i>	5:15- 5:45p EXOS Launch <i>Chris H.</i>	5:15- 5:45p EXOS Launch <i>Chris H.</i>	5:15- 5:45p EXOS Launch <i>Chris H.</i>		
5:15-5:45p HIIT Cycle <i>Fran</i>					
5:35-6:25p Adult: EXOS <i>Kyle W</i>	5:35-6:25p Adult: EXOS <i>Kyle W</i>	5:35-6:25p Adult: EXOS <i>Kyle W</i>	5:35-6:25p Adult: EXOS <i>Kyle W</i>		
6:15-7:15p Sports Performance <i>Chris H.</i>	6:15-7:15p Sports Performance <i>Chris H.</i>	6:15-7:15p Sports Performance <i>Chris H.</i>	6:15-7:15p Sports Performance <i>Chris H.</i>		



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Adult EXOS	Sports Performance (10-18 years old)	Cycle
<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>	<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 7 spots per class.</p>
HITT Cycle	Power Yoga Flow	Power Hour Yoga
<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 an instructor. Limited to 7 spots per class. **30 minutes</p>	<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 is an empowering practice to increase strength, stamina, and flexibility on both a physical and mental level. We will focus on alignment, connection to breath and conscious, fluid movement. Great for all levels.</p>
Mat Pilates	Yin to Vin	Pillar Plus
<p>Our Mat Pilates classes incorporate the key principles of Pilates such as postural alignment, breathing, core stability, and controlled, intentional movement.</p>	<p>Yin to Vin yoga provides us with an opportunity to disconnect from our hectic day-to-day lives and go inward, both in body and mind. The purpose of the practice is to do exactly as it's name suggest- restore the body- giving it a chance to rest and recover from all that life throws at us. All levels welcome.</p>	<p>Our Pillar Plus class is a fusion of pilates, guided yoga flows, and static + dynamic stretching. Imagine if Pilates and Yoga were fruits and then blended together to make a delicious smoothie!</p>