

Fall 2019 Schedule effective September 16, 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30- 6:30a Floor Adult: EXOS <i>Morgan</i>	5:30- 6:30a Floor Adult: EXOS <i>Morgan</i>	5:30- 6:30a Floor Adult: EXOS <i>Morgan</i>	5:30- 6:30a Floor Adult: EXOS <i>Morgan</i>	5:30- 6:30a Floor Adult: EXOS <i>Morgan</i>		
6:00-6:45a Studio 1 Cycle <i>Jill</i>	6:00-6:45a Studio 2 Power Flow Yoga <i>Jill</i>	6:00-6:45a Studio 1 Cycle <i>Jill</i>	6:00-6:45a Studio 2 Power Flow Yoga <i>Jill</i>	6:00-6:45a Studio 1 Cycle <i>Jill</i>	8:00-9:00a Floor Adult: EXOS <i>EXOS Coach</i>	
6:30-7:30a Floor Adult: EXOS <i>Morgan</i>	6:30-7:30a Floor Adult: EXOS <i>Morgan</i>	6:30-7:30a Floor Adult: EXOS <i>Morgan</i>	6:30-7:30a Floor Adult: EXOS <i>Morgan</i>	6:30-7:30a Floor Adult: EXOS <i>Morgan</i>		
9:00- 10:00a Floor Adult: EXOS <i>Ransom</i>	9:00- 10:00a Floor Adult: EXOS <i>Ransom</i>	9:00- 10:00a Floor Adult: EXOS <i>Ransom</i>	9:00- 10:00a Floor Adult: EXOS <i>Ransom</i>	9:00- 10:00a Floor Adult: EXOS <i>Ransom</i>		
12:00-1:00p Floor Adult: EXOS <i>Ransom</i>	11:30a-12:00pm Studio 1 HIIT Cycle <i>Samantha</i>	12:00-1:00p Floor Adult: EXOS <i>Ransom</i>	11:30a-12:00pm Studio 1 HIIT Cycle <i>Samantha</i>	12:00-1:00p Floor Adult: EXOS <i>Ransom</i>		
4:15-5:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>	12:00-1:00p Floor Adult: EXOS <i>Ransom</i>	4:15-5:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>	12:00-1:00p Floor Adult: EXOS <i>Ransom</i>	4:15-5:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>		
5:30-6:30p Floor Adult: EXOS <i>EXOS Coach</i>	4:15-5:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>	5:30-6:30p Floor Adult: EXOS <i>EXOS Coach</i>	4:15-5:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>	5:30-6:30p Floor Adult: EXOS <i>EXOS Coach</i>		
	5:30-6:30p Floor Adult: EXOS <i>EXOS Coach</i>		5:30-6:30p Floor Adult: EXOS <i>EXOS Coach</i>			
	6:30-7:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>		6:30-7:30p Floor Sports Performance: EXOS (10-18 years old) <i>EXOS Coach</i>			

Registration Required
 call or email
 605.755.MOVE | RegionalHealthSPI@teamexos.com

Class Descriptions

Adult EXOS

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.

Sports Performance Training

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 skill levels welcome

Cycling

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.

All skill and ability levels welcome.

HIIT Cycling

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 7 spots per class.

All skill and ability levels welcome.

Power Flow 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.