



EXOS Adult Performance

OPEN TO ALL LA GALAXY SD ATHLETES/PARENTS/COACHES AT OUR PARTNERSHIP DISCOUNT ALONG WITH A FREE TRIAL SESSION



Rally Training Program (12 person max/class)

High-energy, challenging, and fast-paced training program focused on getting real results. Each class includes a dynamic movement prep warm up, total body strength training, and Energy Systems Development (ESD) conditioning.

EXOS Rally includes:

- Performance testing/training sessions with EXOS coaches
- Nutrition consultation with frequent progress follow-ups
- Post-workout protein recovery shake with each training session
- Life coaching and education to make healthy lifestyle changes

Schedule:

8:00 am- 9:00 am Monday, Tuesday, Thursday, Friday

6:30 am- 7:30 am Monday - Thursday



Elevate Training Program (5 person max/class)

The EXOS Elevate program is designed for the active adult and weekend warrior looking for a year-round health and fitness program to meet their needs and goals. Working with our integrated team of performance specialists, registered dietitians, physical therapists, and certified athletic trainers, a personalized training, nutrition, and recovery plan is created to support you and your specific needs.

EXOS Elevate includes:

- Custom performance evaluation and training sessions with EXOS specialists
- Nutrition evaluation, meal builder and consultations with frequent progress follow-ups
- Customized Pre-workout shooters and vitamins
- Post-workout protein recovery shakes with each training session
- Life coaching and education to make healthy lifestyle changes



Schedule: Monday- Friday (1:30 – 2:45)

Please reach out to Bryce at bterill@teamexos.com OR 480-323-0703 for pricing or to schedule your trial session!

