



## Power Hour April 2024



### **Mondays**

April 1  
Station Walk  
Meet at Park Pavilion #10  
4:15pm-5:15 pm

April 8  
No Power Due to Eclipse

April 15  
Station Walk  
Meet at Park Pavilion #10  
4:15pm-5:15 pm

April 22  
Exercise on the Fields  
Trendline office  
4:15pm-5:15 pm

April 29  
Benchmarks  
Park Center  
4:15pm-5:15 pm

### **Wednesdays**

April 3  
Chair Yoga outside/or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

April 10  
Exercise on the Fields/or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

April 17  
Circuit Workouts//or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

April 24  
Sports Day/or walk trail  
Trendline Office  
4:15pm-5:15 pm

May 1  
Circuit Workouts//or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

### **Fridays**

April 5  
Pet Walk (Bring your Pet)  
Meet at Pavilion 10  
4:15pm-5:15 pm

April 12  
Consumer VS Staff  
Kickball/ Soccer  
Trendline Office  
4:15pm-5:15 pm

April 19  
Veterans Wall Walk  
Meet at Trendline Office  
4:15pm-5:15 pm

April 26  
Square Walk  
Meet at City Parking lot  
4:15pm-5:15 pm

May 3  
Bowling  
Alley Cat Lanes  
4:15pm-5:15 pm

### **Special Notes:**

- ❖ All Trendline team members are always welcome to join Power Hour Sessions.
- ❖ Trendline consumers are always welcome to bring guests to Power Hour - free of charge.
- ❖ Please call or text Matt at 573-999-3568/Charnelle at 618-317-0415 with any questions about Power Hour.
- ❖ Monday and Wednesday's if raining or below 50 degrees will meet at Perry Park Center, Fridays if Raining or below 50 will meet at Trendline Office.