



Power Hour November 2023



Mondays

Nov. 6
Yoga/Stretching
Perry Park Center

Nov. 13
Machines
Perry Park Center

Nov. 20
Stations
Perry Park Center

Nov. 27
Benchmarks
Perry Park Center

Wednesdays

Nov. 1
Machines
Perry Park Center

Nov. 8
Water Aerobics
Perry Park Center

Nov. 15
Ball Mill Resurgence
Meet at Trendline Office

Nov. 22
Consumers Vs. Staff
Perry Park Center

Nov. 29
Water Aerobics
Perry Park Center

Fridays

Nov. 3
TG Trail
Trendline Office

Nov. 10
Consumers Vs. Staff
Perry Park Center

Nov. 17
Half-Court Basketball
Perry Park Center

Nov. 24
No Class
Holiday Break

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 bring your swimsuit for the water aerobics days.
- ❖ The November 3rd session (walking the TG trail) is likely to last from 4:15pm to 5:30pm.
- ❖ The November 15th outing to Ball Mil Resurgence is likely to last from 4:15pm to 5:45pm.¹
- ❖ Please call or text Matt at 573-999-3568/Charnelle at 618-317-0415 with any questions about Power Hour.

¹ From Perryville travel north on Highway 61 and then go right (east) on Highway V. Travel north on Highway V for almost 3 miles to Saline Junction. Go right here (east) on County Road 916. Travel just over a mile on County Road 916 and look for the parking lot on your left (west). The parking lot has a trailhead for a short ¾ mile trail that loops past the resurgence.