



Power Hour September 2024



Mondays

Sept 2
Labor Day
No Power Hour

Sept 9
Sports Day
Perry Park Center Gym
4:15-5:15.P.M.

Sept 16
Exercise on Fields
Trendline Office
4:15-5:15.P.M.

Sept 23
Park/Pet Walk
Pavilion 10
4:15-5:15.P.M.

Sept. 30
Bench Marks
Perry Park Center
4:15-5:15.P.M

Wednesdays

Sept 4
Pizza Delivery Game
Trendline Office
4:15-5:15.P.M.

Sept 11
Mini Murph
Hero Workout
Perry Park Center
4:15-5:15.P.M.

Sept 18
Open Swim
Perry Park Center Pool
4:15- 5:15.p.m.

Sept 25
Bowling
Alley Cat Lanes
Consumers V Staff
4:15-5:15.P.M

Fridays

Sept 6.
Partner Exercises
Trendline Office
4:15-5:15.P.M

Sept.13
Chair Yoga
Trendline Office
4:15-5:15.P.M.

Sept 20th
Square walk
Meet at City Parking Lot
4:15-5:15.P.M.

Sept 27
Sports Day
Trendline Office
4:15-5:15.p.M

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 and towel for the open swim days
- Please call or textCharnelle at 618-317-0415 with any questions about Power Hour.