



Power Hour April 2025



Mondays

April 7th
Personal Challenge
Perry Park Center

April 14th
Stations Workout
Perry Park Center

April 21st
Stations Workout
Perry Park Center

April 28th
Personal Challenge
Perry Park Center

Wednesdays

April 2nd
Partner Workout
Perry Park Center

April 9th
Partner Workout
Perry Park Center

April 16th
Frisbee Golf
Perry Park Center

April 23rd
Partner Workout
Perry Park Center

April 30th
Team Frisbee Golf
Perry Park Center

Fridays

April 4th *
Staff vs Consumer
Perryville Soccer Fields

April 11th *
Staff vs Consumer
Perryville Soccer Fields

April 18th *
Staff vs Consumer
Perryville Soccer Fields

April 25th *
4:15pm-6:00pm
TG Trail
+ Outdoor BBQ
Trendline Office

Special Notes:

- * Friday sessions will be outside if weather permits (50 degrees or more outside with no rain or snow in the forecast for that time). If it is less than 50 degrees or looks like it may snow or rain, we will text you and change the location to the Perry Park Center.
- All sessions are 4:15pm – 5:15pm unless otherwise noted (4/28).
- Please call or text Matt at 573-999-3568 with questions, comments, or ideas.