



## Power Hour August 2024



### **Mondays**

### **Wednesdays**

### **Fridays**

Aug 5  
Exercise on Fields/ Walk  
Trail  
Trendline Office  
4:15-5:15 PM

Aug 7  
Station Walk  
Meet at Park Pavillion #10  
4:15-5:15 PM

Aug 2  
Pizza Delivery Game  
Trendline Office  
4:15-5:15 PM

Aug 9  
Consumer V. Staff  
Trendline Office  
4:15-5:15 PM

Aug 12  
Sports Day  
Park Center Gym  
4:15-5:15 PM

Aug 14  
Open Swim  
Bring a Towel and Swimsuit  
Park Center Pool  
4:15-5:15 PM

Aug 16  
Square Walk  
Meet at City Parking Lot  
4:15-5:15 PM

Aug 19  
Exercise on the Fields  
Trendline Office  
4:15-5:15 PM

Aug 21  
Chair Yoga  
Trendline Office  
4:15-5:15 PM

Aug 23  
TG Trail/ Sports Day  
Trendline Office  
4:15-5:15 PM

Aug. 26  
Bench Marks  
Perry Park Center  
4:15-5:15 PM

Aug. 28  
Sports Day  
Perry Park Center Gym  
4:15-5:15 PM

Aug 30  
Consumer V. Staff  
Trendline Office  
4:15-5:15 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 bring your swimsuit for the water aerobics days.
- ❖ Please call or text/Charnelle at 618-317-0415 with any questions about Power Hour.



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