



Power Hour Nov 2025



Mondays

11/3/2025

Personal Challenge

Perry Park Center

11/10/2025

Personal Challenge/Stations

Perry Park Center

11/17/2025

Personal Challenge/Stations

Perry Park Center

11/24/2025

Personal Challenge/Stations

Perry Park Center

Wednesdays

11/5/2025

Partner Workout

Perry Park Center

11/12/2025

Partner Workout

Perry Park Center

11/19/2025

Partner / Team Workout

Perry Park Center

11/26/2025

Partner Workout

Perry Park Center

Fridays

11/7/2025*

Staff vs Consumer Soccer

4:00pm-5:15pm

(please note early start time)

Perryville Soccer Field

11/14/2025*

“Sowling” + Kickball

Perry Park Center

11/21/2025

Laser Tag Outing

3:15pm-6:30pm

(depart from & return to
Trendline Office)

(bring money for snacks/drinks)

Blogett Paint Ball & Fun Factory

11/28/2025

CANCELLED

(Thanksgiving Break)

Special Notes:

- All sessions are 4:15pm – 5:15pm except for 11/7 and 11/21.
- Trendline Consulting will rent the entire laser tag course on 11/21/2025 to make the experience more safe and fun. No special equipment needed.
- Please call or text Matt at 573-999-3568 with questions, ideas, or transportation requests.
- * This is an outdoor event that will take place as scheduled if the temperature outside is 50 degrees or more and it is not raining at 3:00pm. Otherwise, meet at Perry Park Center.