



## Power Hour June 2024



### **Mondays**

June. 3  
Benchmarks  
Park Center  
4:15pm-5:15 pm

June 10  
Station Walk  
Meet at Park Pavilion #10  
4:15pm-5:15 pm

June 17  
Exercise on the Fields  
Trendline office  
4:15pm-5:15 pm

June 24  
Benchmarks  
Park Center  
4:15pm-5:15 pm

### **Wednesdays**

June. 5  
Open Swim  
Bring Towel & Swimsuit  
Park Center  
4:15pm-5:15 pm

June 12  
Chair Yoga outside/or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

June 19  
Pet Walk (Bring your Pet)  
Meet at Pavilion 10  
4:15pm-5:15 pm

June 26  
Circuit Workouts/or Walk Trail  
Trendline Office  
4:15pm-5:15 pm

### **Fridays**

June 7  
Pet Walk (Bring your Pet)  
Meet at Pavilion 10  
4:15pm-5:15 pm

June 14  
Consumer VS Staff  
Trendline Office  
4:15pm-5:15 pm

June 21  
Square Walk  
Meet at City Parking lot  
4:15pm-5:15 pm

June 28  
Consumer VS Staff  
Trendline Office  
4:15pm-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 towel & swimsuit for the open swim days.
- ❖ Monday and Wednesday's if raining or above 85 degrees will meet at Perry Park Center, Fridays if Raining or above 85 will meet at Trendline Office.
- ❖ Please call or text Matt at 573-999-3568/Charnelle at 618-317-0415 with any questions about Power Hour.