



Power Hour

January 2026

Mondays

1/5/2026
Personal Challenge
3:15pm-4:15pm
Perry Park Center

1/12/2026
Personal Challenge
3:15pm-4:15pm
Perry Park Center

1/19/2026
Personal Challenge
3:15pm-4:15pm
Perry Park Center

1/26/2026
Personal Challenge
3:15pm-4:15pm
Perry Park Center

Wednesdays

1/7/2026
No Session
Cancelled

1/14/2026
Partner Workout
3:15pm-4:15pm
Perry Park Center

1/21/2026
Partner Workout
3:15pm-4:15pm
Perry Park Center

1/28/2026
Partner Workout
3:15pm-4:15pm
Perry Park Center

Fridays

1/2/2026
No Session
Winter Break

1/9/2026
Work-Out + Swimming
3:15pm-5:00pm
Perry Park Center

1/16/2026
Work-Out +Swimming
3:15pm-5:00pm
Perry Park Center

1/23/2026
Work-Out +Swimming
3:15pm-5:00pm
Perry Park Center

1/30/2026
Work-Out +Swimming
3:15pm-5:00pm
Perry Park Center

Special Notes:

- Friday sessions will include 30 minutes of light exercise, 15 minutes transitioning into swimming gear, 45 minutes of time in the pool, and then 15 minutes getting back into “street clothes.”
- Please call or text Matt at 573-999-3568 with questions, ideas, or transportation requests.

Science. Service. Success.