



Power Hour

May 2023



Mondays

May 1st
Benchmarks
Perry Park Center

May 8th
Stations Workout
Perry Park Center

May 15th
Stations Workout
Perry Park Center

May 22th
Stations Workout
Perry Park Center

May 29th
Memorial Day
No Power Hour

Wednesdays

May 3rd
“Murph” Partner Workout
Perry Park Center

May 10th
“Murph” Partner Workout
Perry Park Center

May 17th
“Murph” Partner Workout
Perry Park Center

May 24th
“Murph” Partner Workout
Perry Park Center

May 31st
Olympics & Drawing
Perry Park Center

Fridays

May 5th
Team Sports
Perry Park Center

May 12th
Team Sports
Perry Park Center

May 19th
Chester Stairs 4pm-5:15pm
Meet at Trendline

May 26th
TG Trail 4pm-5:30pm
Trendline Parking Lot

Special Notes:

- Consumers are given bottled waters after many sessions. They can bring in the bottle caps for a drawing for prizes that will take place on Wednesday, May 31st.
- On Friday, May 19^h and Friday, May 26th, we will meet at the Trendline Consulting parking lot. These sessions are expected to run 15-30 minutes longer. Consumers who are not their own guardians will need to have their guardians text Matt at 573-999-3568 to give permission for both the 5/12 and 5/26 activities.