



Power Hour March 2023



Mondays

March 6th
Stations Workout
Perry Park Center

March 13th
Stations Workout
Perry Park Center

March 20th
Stations Workout
Perry Park Center

March 27th
Stations Workout
Perry Park Center

Wednesdays

March 1st
Partner Workout
Perry Park Center

Mach 8th
Partner Workout
Perry Park Center

Mach 15th
Partner Workout
Perry Park Center

Mach 22nd
Partner Workout
Perry Park Center

March 29th
Partner Workout
Perry Park Center

Fridays

March 3rd
Power Hour Olympics 1
Perry Park Center

March 10th
Consumers vs Staff
Perry Park Center

March 17th
TG Trail
(Trendline Back Lot)

March 24th
Chester Stairs
Meet at Trendline Office

March 31st
Prize Drawing
Power Hour Olympics 2
Perry Park Center

Special Notes:

- Consumers are given bottled waters after many sessions. They can bring in the bottle caps for a drawing for prizes that takes place at the end of each month
- Friday, March 17th TG Trail: We will meet at the Trendline Office back lot at 4:00pm. Consumers who decide to tackle the entire 5k trail will likely not be done until 5:30pm.
- Friday, March 24th Chester Stairs: We will meet at the Trendline Office at 4:00pm in the front cul-du-sac and leave from there. Consumers will likely not get back to Perryville until 5:30pm. Consumers who are not their own guardians will need to have their guardians text Matt at 573-999-3568 to give permission for this trip.