



Power Hour March 2025



Mondays

March 3rd
Stations Workout
Perry Park Center

March 10th
Stations Workout
Perry Park Center

March 17th
Stations Workout
Perry Park Center

March 24th
Stations Workout
Perry Park Center

March 31st
Stations Workout
Perry Park Center

Wednesdays

March 5th
Partner Workout
Perry Park Center

March 12th
Partner Workout
Perry Park Center

March 19th
4:15pm-5:30pm
Water Aerobics
Perry Park Center Pool

March 26th
Partner Workout
Perry Park Center

Fridays

March 7th *
Staff vs Consumer
Perryville Soccer Fields

March 14th *
Staff vs Consumer
Perryville Soccer Fields

March 21st *
Staff vs Consumer
Perryville Soccer Fields

March 28th *
4:15pm-6:00pm
Staff vs Consumer
+ Outdoor BBQ
Perryville Soccer Fields

Special Notes:

- * Friday sessions will be outside if weather permits (50 degrees or more outside with no rain or snow in the forecast for that time). If it is less than 50 degrees or looks like it may snow or rain, we will text you and change the location to the Perry Park Center.
- All sessions are 4:15pm – 5:15pm unless otherwise noted (3/19 and 3/28).
- Please call or text Matt at 573-999-3568 with questions, comments, or ideas.