



Power Hour November 204



Mondays

Wednesdays

Fridays

Nov. 4
Exercise on Fields
Trendline Office
4:15-5:15.P.M..

Nov. 6
Sports Day Perry Park Center
Gym
4:15-5:15.P.M..

Nov. 8
TG Trail/ Pizza Delivery Game
Trendline Office
4:15-5:15.P.M..

Nov.11
Veterans Tribute Workout
Perry Park Center
4:15-5:15.P.M..

Nov.13
Park Trail/pet walk
Pavilion 10
4:15-5:15.P.M..

Nov 15
Freeze tag/ Game Day
Trendline Office
4:15-5:15.P.M..

Nov. 18
Exercise on fields
Pavilion 20
4:15-5:15p.m.

Nov.20
Open Swim
Perry Park Center Pool
4:15-5:15.P.M..

Nov 22
Basketball/ Walk Trail
Soccer Park
4:15-5:15.P.M..

Nov 25
Benchmarks
Perry Park Center
Gym

Nov. 27
Consumer V. Staff
Trendline Office
4:15-5:15.P.M..

Nov.29
Black Friday!
No Power Hour

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 swimsuit for the water aerobics days.
- ❖ Please call or text Charnelle at 618-317-0415 with any questions about Power Hour.