## THE OHIO STATE UNIVERSITY NEWARK







2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adena Recreation Fitness Schedule  Yoga: Monday and Wednesday Morning and Evening Cycling: Tuesday and Thursday Morning and Evening No Sweat Stretch, Yoga, and Tai Chi Break: Monday - Thursdays Mid-Day  Adena Recreation Fitness Schedule Questions? Please reach out to Abby Blanchard at blanchard.155@mail.cotc.edu					1	2
7:10 AM - Restorative Yoga 12:30 PM - Super Brain Yoga, Stretch Break 3, and Begin with Yoga 4:45 PM - Restorative Yoga	7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Gentle Yoga 4:30 PM - Big Ring Power and Mixed Terrain	5 7:10 AM - Heart Happy 12:30 PM - Mindfulness Challenge and Balance in Focus 4:45 PM - Heart Happy	6 7:10 AM - Triple Peaks and Power Cycle Intervals 12:00 PM - Focused Hip Stretch 4:30 PM - Triple Peaks and Power Cycle Intervals	7	8	9
7:10 AM - Move with Mudras and Holding Strong 12:30 PM - Tai Chi Mobility 4:45 PM - Move with Mudras and Holding Strong	]] GYM CLOSED VETERANS DAY	7:10 AM - Rise and Shine 12:30 PM - Kapota Mudra and Foot Stretches Mini 4:45 PM - Rise and Shine	7:10 AM - 10-Minute Ride and Legs and Heart 12:00 PM - Quick Yoga Stretch 4:30 PM - 10-Minute Ride and Legs and Heart	14	15	16
17 7:10 AM - Morning Yoga and Tai Chi Fusion and Strong and Balanced 12:30 PM - Intentional Balance 4:45 PM - Morning Yoga and Tai Chi Fusion and Strong and Balanced	18 7:10 AM - Interval Fun and HIIT Hop 12:00 PM - Warrior 1 and Tai Chi Reduce Stress 4:30 PM - Interval Fun HIIT Hop	19 7:10 AM - 50 Minute Yoga Class - Hips and Low Back 12:30 PM - Rotation and Breath 4:45 PM - 50 Minute Yoga Class - Hips and Low Back	20 7:10 AM - Hills Ride 12:00 PM - Yoga Pushups and Tai Chi Flow 4:30 PM - Hills Ride	21	22	23
24 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:30 PM - Tai Chi Balance 4:45 PM - Wake Up Stretch and Vinyasa Flow	25 7:10 AM - Quick Hills and 3-2-1 GO 12:00 PM - Vittam Mudra, Crow Pose Practice, and Vishuddha Mudra 4:30 PM - Quick Hills and 3-2-1 GO	26 7:10 AM - Building for Better and Yoga For A Strong Core 12:30 PM - Single Leg Balance 4:45 PM - Building for Better and Yoga For A Strong Core	27 GYM CLOSED THANKSGIVING	28	29	30