

May



2026

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

Questions?

Please reach out to Abby Blanchard at
blanchard.155@mail.cotc.edu

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7:10 AM - Building For Better and Yoga For A Strong Core
12:30 PM - Rotation and Breath
4:45 PM - Building For Better and Yoga For A Strong Core

5

7:10 AM - 10-Minute Ride and Legs and Heart
12:00 PM - Tai Chi Balance
4:30 PM - 10-Minute Ride and Legs and Heart

6

7:10 AM - Rise and Shine
12:30 PM - Vittam Mudra, Crow Pose Practice, and Vishuddha Mudra
4:45 PM - Rise and Shine

7

7:10 AM - Quick Hills and 3-2-1 GO
12:00 PM - Yoga Pushups and Tai Chi Flow
4:30 PM - Quick Hills and 3-2-1 GO

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7:10 AM - Restorative Yoga and Fluid Yoga
12:30 PM - Gentle Yoga
4:45 PM - Restorative Yoga and Fluid Yoga

12

7:10 AM - Hills Ride
12:00 PM - Warrior 2 and Activating Tai Chi
4:30 PM - Hills Ride

13

7:10 AM - Vinyasa Yoga and Athletic Yoga
12:30 PM - Flowing Yoga
4:45 PM - Vinyasa Yoga and Athletic Yoga

14

7:10 AM - RevBASIC and Power Under Pressure
12:00 PM - Single Leg Balance
4:30 PM - RevBASIC and Power Under Pressure

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7:10 AM - Move with Mudras and Holding Strong
12:30 PM - Intentional Balance
4:45 PM - Move with Mudras and Holding Strong

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7:10 AM - Pace Challenge and Power Training
12:00 PM - Quick Yoga Stretch
4:30 PM - Pace Challenge and Power Training

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7:10 AM - Wake Up Stretch and Vinyasa Flow
12:30 PM - Essential Yin
4:45 PM - Wake Up Stretch and Vinyasa Flow

21

7:10 AM - Big Ring Power and Mixed Terrain
12:00 PM - Spine Health
4:30 PM - Big Ring Power and Mixed Terrain

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7:10 AM - Morning Yoga and Tai Chi Fusion
12:30 PM - Tai Chi Mobility
4:45 PM - Morning Yoga and Tai Chi Fusion

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7:10 AM - Ride the Rhythm and Mixed Terrain 2
12:00 PM - Fluid Motion
4:30 PM - Ride the Rhythm and Mixed Terrain 2

27

7:10 AM - Deep Stretch and Fit Flow Flexible: Cardio
12:30 PM - Tai Chi Energize
4:45 PM - Deep Stretch and Fit Flow Flexible: Cardio

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7:10 AM - Interval Fun and HIIT Hop
12:00 PM - Warrior 1 and Tai Chi Reduce Stress
4:30 PM - Interval Fun and HIIT Hop

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