

December



2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|--|--|---|---------------|---------------|
| | <div>1</div> <div>7:10 AM – Morning Yoga and Tai Chi Fusion and Strong and Balanced 12:30 PM – Gentle Yoga 4:45 PM – Morning Yoga and Tai Chi Fusion and Strong and Balanced</div> | <div>2</div> <div>7:10 AM – Ride the Rhythm and Mixed Terrain 2 12:00 PM – Flowing Yoga 4:30 PM – Ride the Rhythm and Mixed Terrain 2</div> | <div>3</div> <div>7:10 AM – Restorative Yoga and Fluid Yoga 12:30 PM – Rotation and Breath 4:45 PM – Restorative Yoga and Fluid Yoga</div> | <div>4</div> <div>7:10 AM – Interval Fun and HIIT Hop 12:00 PM – Kapota Mudra and Foot Stretches Mini 4:30 PM – Interval Fun and HIIT Hop</div> | <div>5</div> | <div>6</div> |
| <div>7</div> | <div>8</div> <div>7:10 AM – Move with Mudras and Holding Strong 12:30 PM – Tai Chi Balance 4:45 PM – Move with Mudras and Holding Strong</div> | <div>9</div> <div>7:10 AM – Big Ring Power and Mixed Terrain 12:00 PM – Single Leg Balance 4:30 PM – Big Ring Power and Mixed Terrain</div> | <div>10</div> <div>7:10 AM – Rise and Shine 12:30 PM – Yoga Pushups and Tai Chi Flow 4:45 PM – Rise and Shine</div> | <div>11</div> <div>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</div> | <div>12</div> | <div>13</div> |
| <div>14</div> | <div>15</div> <div>7:10 AM – Deep Stretch and Fit Flow and Flexible: Cardio 12:30 PM –Essential Yin 4:45 PM – Deep Stretch and Fit Flow and Flexible: Cardio</div> | <div>16</div> <div>7:10 AM – Hills Ride 12:00 PM – Super Brain Yoga, Stretch Break 3 and Begin with Yoga 4:30 PM – Hills Ride</div> | <div>17</div> <div>7:10 AM – Vinyasa Yoga and Athletic Yoga 12:30 PM – Full Body Stretch and Flow 4:45 PM – Vinyasa Yoga and Athletic Yoga</div> | <div>18</div> <div>7:10 AM – RevBASIC and Power Under Pressure 12:00 PM – Focused Hip Stretch 4:30 PM – RevBASIC and Power Under Pressure</div> | <div>19</div> | <div>20</div> |
| <div>21</div> | <div>22</div> <div>7:10 AM – Heart Happy 12:30 PM –Mindfulness Challenge and Balance in Focus 4:45 PM – Heart Happy</div> | <div>23</div> <div>7:10 AM – Pace Challenge and Power Training 12:00 PM – Quick Yoga Stretch 4:30 PM – Pace Challenge and Power Training</div> | <div>24</div> <div>GYM CLOSED CHRISTMAS EVE</div> | <div>25</div> <div>GYM CLOSED CHRISTMAS</div> | <div>26</div> | <div>27</div> |
| <div>28</div> | <div>29</div> <div>GYM CLOSED WINTER BREAK</div> | <div>30</div> <div>GYM CLOSED WINTER BREAK</div> | <div>31</div> <div>GYM CLOSED NEW YEARS EVE</div> | <div>Adena Recreation Fitness Schedule</div> <div>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</div> <div>Questions?</div> <div>Please reach out to Abby Blanchard at blanchard.155@mail.cotc.edu</div> | | |