

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adena Recreation Fitness Schedule</b> 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		<b>Questions?</b> Please reach out to Abby Blanchard at <a href="mailto:blanchard.155@mail.cotc.edu">blanchard.155@mail.cotc.edu</a>	<b>1</b> 7:10 AM - Restorative Yoga and Fluid Yoga 12:00 PM - Rotation and Breath 4:45 PM - Restorative Yoga and Fluid Yoga	<b>2</b> 7:10 AM - Quick Hills 12:00 PM - Super Brain Yoga, Stretch Break 3, and Begin with Yoga 4:45 PM - Quick Hills	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 7:10 AM - Move with Mudras and Holding Strong 12:00 PM - Tai Chi Balance 4:45 PM - Move with Mudras and Holding Strong	<b>7</b> 7:10 AM - Hills Ride 12:00 PM - Kapota Mudra and Foot Stretches Mini 4:45 PM - Hills Ride	<b>8</b> 7:10 AM - Building for Better and Yoga for a Strong Core 12:00 PM - Quick Stretch 4:45 PM - Building for Better and Yoga for a Strong Core	<b>9</b> 7:10 AM - RevBASIC and Power Under Pressure 12:00 PM - Single Leg Balance 4:45 PM - RevBASIC and Power Under Pressure	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:00 PM - Flowing Yoga 4:45 PM - Wake Up Stretch and Vinyasa Flow	<b>14</b> 7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Gentle Yoga 4:45 PM - Big Ring Power and Mixed Terrain	<b>15</b> 7:10 AM - Heart Happy 12:00 PM - Mindfulness Challenge and Balance in Focus 4:45 PM - Heart Happy	<b>16</b> 7:10 AM - Pace Challenge and Power Training 12:00 PM - Intentional Balance 4:45 PM - Pace Challenge and Power Training	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 7:10 AM - Morning Yoga and Tai Chi Fusion 12:00 PM - Tai Chi Mobility 4:45 PM - Morning Yoga and Tai Chi Fusion	<b>21</b> 7:10 AM - Triple Peaks and Power Cycle Intervals 12:00 PM - Spine Health 4:45 PM - Triple Peaks and Power Cycle Intervals	<b>22</b> 7:10 AM - Deep Stretch and Fit Flow Flexible: Cardio 12:00 PM - Essential Yin 4:45 PM - Deep Stretch and Fit Flow Flexible: Cardio	<b>23</b> 7:10 AM - Ride the Rhythm and Mixed Terrain 2 12:00 PM - Focused Hip Stretch 4:45 PM - Ride the Rhythm and Mixed Terrain 2	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 7:10 AM - Rise and Shine 12:00 PM - Warrior 1 and Tai Chi Reduce Stress 4:45 PM - Rise and Shine	<b>28</b> 7:10 AM - 10-Minute Ride and Legs and Heart 12:00 PM - Fluid Motion 4:45 PM - 10-Minute Ride and Legs and Heart	<b>29</b> 7:10 AM - Vinyasa Yoga and Athletic Yoga 12:00 PM - Tai Chi Energize 4:45 PM - Vinyasa Yoga and Athletic Yoga	<b>30</b> 7:10 AM - Speed, Power, and Drive and Quick HIIT Ride 12:00 PM - Rotation and Breath 4:45 PM - Speed, Power, and Drive and Quick HIIT Ride	<b>31</b>	