September

THE OHIO STATE UNIVERSITY NEWARK

CENTRAL OHIO TECHNICAL COLLEGE

ADENA RECREATION SPORTS

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 7:10 AM - Hips and Low Back 12:30 PM - Super Brain Yoga, Stretch Break 3, and Begin With Yoga 4:45 PM - Hips and Low Back	1 7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Fluid Motion 4:30 PM - Big Ring Power and Mixed Terrain	2 7:10 AM - Deep Stretch and Fit Flow and Flexible: Cardio 12:30 PM - Intentional Balance 4:45 PM - Deep Stretch and Fit Flow and Flexible: Cardio	3 7:10 AM - Speed, Power, and Drive and Quick HIIT Ride 12:00 PM - Spine Health 4:30 PM - Speed, Power, and Drive and Quick HIIT Ride	4	5
6	7 **GYM CLOSED** **LABOR DAY**	8 7:10 AM - Hills Ride 12:00 PM - Warrior 1 and Tai Chi Reduce Stress 4:30 PM - Hills Ride	9 7:10 AM - Heart Happy 12:30 PM -Yoga Pushups and Tai Chi Flow 4:45 PM - Heart Happy	10 7:10 AM - Interval Fun and HIIT Hop 12:00 PM - Warrior 2 and Activating Tai Chi 4:30 PM - Interval Fun and HIIT Hop	11	12
13	14 7:10 AM - Move with Mudras and Holding Strong 12:30 PM - Full Body Stretch 4:45 PM - Move with Mudras and Holding Strong	15 7:10 AM - RevBASIC and Power Under Pressure 12:00 PM - Tai Chi Energize 4:30 PM - RevBASIC and Power Under Pressure	16 7:10 AM - Building for Better and Yoga for a Strong Core 12:30 PM - Focused Hip Stretch 4:45 PM - Building for Better and Yoga for a Strong Core	17 7:10 AM - Quick Hills and 3-2-1 GO 12:00 PM - Full Body Stretch and Flow 4:30 PM - Quick Hills and 3-2-1 GO	18	19
20	21 7:10 AM - Restorative Yoga and Fluid Yoga 12:30 PM - Essential Yin 4:45 PM - Restorative Yoga and Fluid Yoga	22 7:10 AM - Ride the Rhythm and Mixed Terrain 2 12:00 PM - Quick Yoga Stretch 4:30 PM - Ride the Rhythm and Mixed Terrain 2	23 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:30 PM - Rotation and Breath 4:45 PM - Wake Up Stretch and Vinyasa Flow	24 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	25	26
27	28 7:10 AM - Rise and Shine 12:30 PM - Kapota Mudra and Foot Stretches Mini 4:45 PM - Rise and Shine	29 7:10 AM - Triple Peaks and Power Cycle Intervals 12:00 PM - Single Leg Balance 4:30 PM - Triple Peaks and Power Cycle Intervals	30 7:10 AM - Vinyasa Yoga and Athletic Yoga 12:30 PM - Gentle Yoga 4:45 PM - Vinyasa Yoga and Athletic Yoga			

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