

# July



2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### 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](mailto:blanchard.155@mail.cotc.edu)

			<b>1</b> 7:10 AM - Deep Stretch and Fit Flow and Flexible: Cardio 12:30 PM - Quick Yoga Stretch 4:45 PM - Deep Stretch and Fit Flow and Flexible: Cardio	<b>2</b> 7:10 AM - Hills Ride 12:00 PM - Super Brain Yoga, Stretch Break 3, and Begin with Yoga 4:30 PM - Hills Ride	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 7:10 AM - Rise and Shine 12:30 PM - Vittam Mudra, Crow Pose Practice, and Vishuddha Mudra 4:45 PM - Rise and Shine	<b>7</b> 7:10 AM - Speed, Power, and Drive and Quick HIIT Ride 12:00 PM - Gentle Yoga 4:30 PM - Speed, Power, and Drive and Quick HIIT Ride	<b>8</b> 7:10 AM - Move With Mudras and Holding Strong 12:30 PM - Focused Hip Stretch 4:45 PM - Move With Mudras and Holding Strong	<b>9</b> 7:10 AM - Quick Hills and 3-2-1 GO 12:00 PM - Kapota Mudra and Foot Stretches Mini 4:30 PM - Quick Hills and 3-2-1 GO	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 7:10 AM - Heart Happy 12:30 PM - Mindfulness Challenge and Balance In Focus 4:45 PM - Heart Happy	<b>14</b> 7:10 AM - RevBASIC and Power Under Pressure 12:00 PM - Rotation and Breath 4:30 PM - RevBASIC and Power Under Pressure	<b>15</b> 7:10 AM - Restorative Yoga and Fluid Yoga 12:30 PM - Essential Yin 4:45 PM - Restorative Yoga and Fluid Yoga	<b>16</b> 7:10 AM - Ride The Rhythm and Mixed Terrain 2 12:00 PM - Single Leg Balance 4:30 PM - Ride The Rhythm and Mixed Terrain 2	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 7:10 AM - Building For Better and Yoga For A Strong Core 12:30 PM - Flowing Yoga 4:45 PM - Building For Better and Yoga For A Strong Core	<b>21</b> 7:10 AM - Pace Challenge and Power Training 12:00 PM - Tai Chi Balance 4:30 PM - Pace Challenge and Power Training	<b>22</b> 7:10 AM - Morning Yoga And Tai Chi Fusion and Strong And Balanced 12:30 PM - Full Body Stretch 4:45 PM - Morning Yoga And Tai Chi Fusion and Strong And Balanced	<b>23</b> 7:10 AM - 10-Minute Ride and Legs And Heart 12:00 PM - Fluid Motion 4:30 PM - 10-Minute Ride and Legs And Heart	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 7:10 AM - Hips and Low Back 12:30 PM - Yoga Pushups and Tai Chi Flow 4:45 PM - Hips and Low Back	<b>28</b> 7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Chair Yoga 2 4:30 PM - Big Ring Power and Mixed Terrain	<b>29</b> 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:30 PM - Tai Chi Mobility 4:45 PM - Wake Up Stretch and Vinyasa Flow	<b>30</b> 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	<b>31</b>	