

February



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:10 AM - Morning Yoga and Tai Chi Fusion 12:30 PM - Spine Health 4:45 PM - Morning Yoga and Tai Chi Fusion	3 7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Tai Chi Balance 4:30 PM - Big Ring Power and Mixed Terrain	4 7:10 AM - Move with Mudras and Holding Strong 12:30 PM - Gentle Yoga 4:45 PM - Move with Mudras and Holding Strong	5 7:10 AM - Hills Ride 12:00 PM - Mindfulness Challenge and Balance in Focus 4:30 PM - Hills Ride	6	7
8	9 7:10 AM - Heart Happy 12:30 PM - Super Brain Yoga, Stretch Break 3 and Begin with Yoga 4:45 PM - Heart Happy	10 7:10 AM - Speed, Power, and Drive and Quick HIIT Ride 12:00 PM - Quick Yoga Stretch 4:30 PM - Speed, Power, and Drive and Quick HIIT Ride	11 7:10 AM - Hips and Low Back 12:30 PM - Vittam Mudra, Crow Pose Practice and Vishuddha Mudra 4:45 PM - Hips and Low Back	12 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	13	14
15	16 7:10 AM - Restorative Yoga and Fluid Yoga 12:30 PM - Yoga Full Body Stretch 4:45 PM - Restorative Yoga and Fluid Yoga	17 7:10 AM - Ride the Rhythm and Mixed Terrain 2 12:00 PM - Intentional Balance 4:30 PM - Ride the Rhythm and Mixed Terrain 2	18 7:10 AM - Vinyasa Yoga and Athletic Yoga 12:30 PM - Tai Chi Mobility 4:45 PM - Vinyasa Yoga and Athletic Yoga	19 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	20	21
22	23 7:10 AM - Building For Better and Yoga For A Strong Core 12:30 PM - Fluid Motion 4:45 PM - Building For Better and Yoga For A Strong Core	24 7:10 AM - Triple Peaks and Power Cycle Intervals 12:00 PM - Tai Chi Energize 4:30 PM - Triple Peaks and Power Cycle Intervals	25 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:30 PM - Midday Stretch 4:45 PM - Wake Up Stretch and Vinyasa Flow	26 7:10 AM - 10-Minute-Ride and Legs and Heart 12:00 PM - Flowing Yoga 4:30 PM - 10-Minute-Ride and Legs and Heart	27	28

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
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