

# June



2026

| Sunday           | Monday  | Tuesday   | Wednesday  | Thursday   | Friday           | Saturday  |  |
|------------------|---|---|--|--|------------------|---|--|
|                  | <p><b>1</b></p> <p>7:10 AM - Heart Happy<br/>12:30 PM - Kapota Mudra and Foot Stretches Mini<br/>4:45 PM - Heart Happy</p>  | <p><b>2</b></p> <p>7:10 AM - Speed, Power, and Drive and Quick HIIT Ride<br/>12:00 PM - Gentle Yoga<br/>4:30 PM - Speed, Power, and Drive and Quick HIIT Ride</p> | <p><b>3</b></p> <p>7:10 AM - Hips and Low Back<br/>12:30 PM - Mindfulness Challenge and Balance in Focus<br/>4:45 PM - Hips and Low Back</p>   | <p><b>4</b></p> <p>7:10 AM - Triple Peaks and Power Cycle Intervals<br/>12:00 PM - Tai Chi Mobility<br/>4:30 PM - Triple Peaks and Power Cycle Intervals</p> | <p><b>5</b></p>  | <p><b>6</b></p>   |  |
| <p><b>7</b></p>  | <p><b>8</b></p> <p>7:10 AM - Move with Mudras and Holding Strong<br/>12:30 PM - Full Body Stretch and Flow<br/>4:45 PM - Move with Mudras and Holding Strong</p>                | <p><b>9</b></p> <p>7:10 AM - Quick Hills and 3-2-1 GO<br/>12:00 PM - Warrior 2 and Activating Tai Chi<br/>4:30 PM - Quick Hills and 3-2-1 GO</p>                  | <p><b>10</b></p> <p>7:10 AM - Rise and Shine<br/>12:30 PM - Midday Stretch and Yoga in Focus<br/>4:45 PM - Rise and Shine</p>  | <p><b>11</b></p> <p>7:10 AM - RevBASIC and Power Under Pressure<br/>12:00 PM - Focused Hip Stretch<br/>4:30 PM - RevBASIC and Power Under Pressure</p>       | <p><b>12</b></p> | <p><b>13</b></p>  |  |
| <p><b>14</b></p> | <p><b>15</b></p> <p>7:10 AM - Restorative Yoga and Fluid Yoga<br/>12:30 PM - Fluid Motion<br/>4:45 PM - Restorative Yoga and Fluid Yoga</p>                                     | <p><b>16</b></p> <p>7:10 AM - Ride the Rhythm and Mixed Terrain 2<br/>12:00 PM - Rotation and Breath<br/>4:30 PM - Ride the Rhythm and Mixed Terrain 2</p>        | <p><b>17</b></p> <p>7:10 AM - Morning Yoga and Tai Chi Fusion<br/>12:30 PM - Tai Chi Energize<br/>4:45 PM - Morning Yoga and Tai Chi Fusion</p>  | <p><b>18</b></p> <p>7:10 AM - 10-Minute Ride and Legs and Heart<br/>12:00 PM - Quick Yoga Stretch<br/>4:30 PM - 10-Minute Ride and Legs and Heart</p>        | <p><b>19</b></p> | <p><b>20</b></p>  |  |
| <p><b>21</b></p> | <p><b>22</b></p> <p>7:10 AM - Building For Better and Yoga For a Strong Core<br/>12:30 PM - Single Leg Balance<br/>4:45 PM - Building For Better and Yoga For a Strong Core</p> | <p><b>23</b></p> <p>7:10 AM - Interval Fun and HIIT Hop<br/>12:00 PM - Warrior 1 and Tai Chi Reduce Stress<br/>4:30 PM - Interval Fun and HIIT Hop</p>            | <p><b>24</b></p> <p>7:10 AM - Vinyasa Yoga and Athletic Yoga<br/>12:30 PM - Essential Yin<br/>4:45 PM - Vinyasa Yoga and Athletic Yoga</p>   | <p><b>25</b></p> <p>7:10 AM - Big Ring Power and Mixed Terrain<br/>12:00 PM - Flowing Yoga<br/>4:30 PM - Big Ring Power and Mixed Terrain</p>                | <p><b>26</b></p> | <p><b>27</b></p>  |  |
| <p><b>28</b></p> | <p><b>29</b></p> <p>7:10 AM - Wake Up Stretch and Vinyasa Flow<br/>12:30 PM - Tai Chi Balance<br/>4:45 PM - Wake Up Stretch and Vinyasa Flow</p>                                | <p><b>30</b></p> <p>7:10 AM - Pace Challenge and Power Training<br/>12:00 PM - Full Body Stretch<br/>4:30 PM - Pace Challenge and Power Training</p>              | <p><b>Adena Recreation Fitness Schedule</b><br/>Yoga: Monday and Wednesday Morning and Evening<br/>Cycling: Tuesday and Thursday Morning and Evening<br/>No Sweat Stretch, Yoga, and Tai Chi Break: Monday - Thursdays Mid-Day</p> |  |                  | <p><b>Questions?</b><br/>Please reach out to Abby Blanchard at <a href="mailto:blanchard.155@mail.cotc.edu">blanchard.155@mail.cotc.edu</a></p> |  |