

April



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

			1 7:10 AM - Vinyasa Flow and Athletic Yoga 12:30 PM - Fluid Motion 4:45 PM - Vinyasa Flow and Athletic Yoga	2 7:10 AM - Triple Peaks and Power Cycle Intervals 12:00 PM - Tai Chi Energize 4:30 PM - Triple Peaks and Power Cycle Intervals	3	4
5	6 7:10 AM - Rise and Shine 12:30 PM - Warrior 1 and Tai Chi Reduce Stress 4:45 PM - Rise and Shine	7 7:10 AM - Quick Hills and 3-2-1 GO 12:00 PM - Midday Stretch and Yoga in Focus 4:30 PM - Quick Hills and 3-2-1 GO	8 7:10 AM - Morning Yoga and Tai Chi Fusion and Strong and Balanced 12:30 PM - Gentle Yoga 4:45 PM - Morning Yoga and Tai Chi Fusion and Strong and Balanced	9 7:10 AM - Hills Ride 12:00 PM - Super Brain Yoga, Stretch Break 3, and Begin with Yoga 4:30 PM - Hills Ride	10	11
12	13 7:10 AM - Restorative Yoga and Fluid Yoga 12:30 PM - Essential Yin 4:45 PM - Restorative Yoga and Fluid Yoga	14 7:10 AM - Interval Fun and HIIT Hop 12:00 PM - Full Body Stretch and Flow 4:30 PM - Interval Fun and HIIT Hop	15 7:10 AM - Move with Mudras and Holding Strong 12:30 PM - Flowing Yoga 4:45 PM - Move with Mudras and Holding Strong	16 7:10 AM - RevBASIC and Power Under Pressure 12:00 PM - Tai Chi Mobility 4:30 PM - RevBASIC and Power Under Pressure	17	18
19	20 7:10 AM - Deep Stretch and Fit Flow Flexible: Cardio 12:30 PM - Quick Yoga Stretch 4:45 PM - Deep Stretch and Fit Flow Flexible: Cardio	21 7:10 AM - Big Ring Power and Mixed Terrain 12:00 PM - Focused Hip Stretch 4:30 PM - Big Ring Power and Mixed Terrain	22 7:10 AM - Wake Up Stretch and Vinyasa Flow 12:30 PM - Spine Health 4:45 PM - Wake Up Stretch and Vinyasa Flow	23 7:10 AM - Ride the Rhythm and Mixed Terrain 2 12:00 PM - Full Body Stretch 4:30 PM - Ride the Rhythm and Mixed Terrain 2	24	25
26	27 7:10 AM - Hips and Low Back 12:30 PM - Kapota Mudra and Foot Stretches Mini 4:45 PM - Hips and Low Back	28 7:10 AM - Pace Challenge and Power Training 12:00 PM - Single Leg Balance 4:30 PM - Pace Challenge and Power Training	29 7:10 AM - Heart Happy 12:30 PM - Mindfulness Challenge and Balance in Focus 4:45 PM - Heart Happy	30 7:10 AM - Speed, Power, and Drive and Quick HIIT Ride 12:00 PM - Intentional Balance 4:30 PM - Speed, Power, and Drive and Quick HIIT Ride		