Adverbs can be classified into different types:

1. Place: Above, Place
2. Time: Soon, Before, Time
3. Frequency: Often, How Often, Sometimes, Never
4. Purpose: Why
5. Positioning: To Avoid, To Get, To Remember
6. General Rule: Barely, Almost, Nearly, Quickly, Slowly, Impatiently

Regular and "ly": Quickly
Irregular and "ily": Happily
Adding meaning to verbs: Adverbs of manner
No change: Hard, Fast

Example:
I run slowly in the park almost every morning before work to keep fit.