



### Monthly Calendar for June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6/1 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	6/2 10:00am Dance & Mobility  6pm Yoga w/ Autumn	6/3 10am FlowSculpt 30  6pm Confidence in Action	6/4 10:00am Yoga Mix  6pm Pilates Fusion	6/5 10am Strength Express	6/6
6/7	6/8 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	6/9 10:00am Dance & Mobility  6pm Yoga w/ Autumn	6/10 10am FlowSculpt 30  6pm Confidence in Action	6/11 10:00am Yoga Mix  6pm Pilates Fusion	6/12 10am Strength Express	6/13
6/14	6/15 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	6/16 10:00am Dance & Mobility  6pm Yoga w/ Autumn	6/17 10am FlowSculpt 30  6pm Confidence in Action	6/18 10:00am Yoga Mix  6pm Pilates Fusion	6/19 10am Strength Express	6/20
6/21	6/22 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	6/23 10:00am Dance & Mobility  6pm Yoga w/ Autumn	6/24 10am FlowSculpt 30  6pm Confidence in Action	6/25 10:00am Yoga Mix  6pm Pilates Fusion	6/26 10am Strength Express	6/27
6/28	6/29  <b>NO CLASSES WEEK OF THE 4TH</b>	6/30  <b>NO CLASSES WEEK OF THE 4TH</b>				

See Website for Class descriptions

[www.livingwithnewage.com](http://www.livingwithnewage.com)

[info@livingwithnewage.com](mailto:info@livingwithnewage.com)

920 Malcolm Blvd  
Rutherford College, NC  
828.442.2589

**\*\*PLEASE NOTE:** We may occasionally need to make changes to this schedule. Make sure you sign up for our text notification list so that you'll always know if a class is canceled or changed!

## Class Descriptions

**Total Body:** 30 Minute fast-paced class that strengthens both your muscles as well as your cardiorespiratory system.

**Dance & Mobility:** First half of class is high intensity dance routines. Second half is myofascial release and stretching. Class is complete with a short relaxation at the end.

**Yoga Mix:** Mostly yoga but with some fun extras thrown in to keep in interesting!

**FlowSculpt 30:** blends yoga-inspired flow, Pilates-style core work, and glute-focused sculpting into a seamless 30-minute barefoot experience that strengthens, tones, and grounds you.

**Muscle Monday:** Total body strength training

**Confidence in Action:** Build confidence and learn essential self-defense skills. Focuses on empowerment opposed to violence.

**Pilates Fusion:** A dynamic blend of Pilates, strength, yoga, cardio and prop work designed to strengthen, tone and energize your entire body.

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