



Scan to book a class!



Monthly Calendar for September 2026

920 Malcom Blvd
Rutherford College, NC
828-442-2589

livingwithnewage.com

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

Never miss a notification about a last minute cancellation! Sign up using the QR Code below or sign up on our website!



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

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

www.livingwithnewage.com

info@livingwithnewage.com

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***PLEASE NOTE: We may occasionally need to make changes to this schedule.*

Make sure you sign up for our text notification list (located on our website or by using the QR code on the front) so that you'll always know if a class is canceled or changed!