



Monthly Calendar for January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1/1 NO CLASSES HAPPY NEW YEAR!	1/2 10am Strength Express	1/3
1/4	1/5 10am 30-min Total Body 6pm Muscle Monday w/ Jen	1/6 10:00am Dance & Mobility 6pm Yoga w/ Autumn	1/7 10am FlowSculpt 30	1/8 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	1/9 10am Strength Express 6pm Candlelight Restorative Yoga	1/10
1/11	1/12 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	1/13 10:00am Dance & Mobility 6pm Yoga w/ Autumn	1/14 10am FlowSculpt 30	1/15 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	1/16 10am Strength Express	1/17
1/18	1/19 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	1/20 10:00am Dance & Mobility 6pm Yoga w/ Autumn	1/21 10am FlowSculpt 30	1/22 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	1/23 10am Strength Express	1/24
1/25	1/26 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	1/27 10:00am Dance & Mobility 6pm Yoga w/ Autumn	1/28 10am FlowSculpt 30	1/29 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	1/30 10am Strength Express	1/31

See Website for Class descriptions

www.livingwithnewage.com

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 it interesting!

Total Fitness: Cardio mixed with weights and abs.

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.

www.livingwithnewage.com

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 (located on our website) so that you'll always know if a class is canceled or changed!