new age FITNESS

Monthly Calendar for March 2026

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

See Website for Class descriptions

www.livingwithnewage.com

info@livingwithnewage.com

920 Malcolm Blvd

Rutherford College, NC

828.442.2589

***PLEASE NOTE: We may occassionally 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!
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.
Gentle Yoga: Perfect for beginner's or anyone just needing to slow down and unwind!
Muscle Monday: Total body strength training

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