



Scan to book a class!



Monthly Calendar for October 2026

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

livingwithnewage.com

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

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!