



Monthly Calendar for November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						11/1
11/2	11/3 10am 30-min Total Body 6pm Six-Pack Attack w/ Toni	11/4 10:00am Dance & Mobility 6pm Yoga w/ Autumn	11/5 10am Butts & Guts	11/6 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	11/7 10am Strength Express	11/8
11/9	11/10 10am 30-min Total Body 6pm Muscle Monday w/ Jen	11/11 10:00am Dance & Mobility 6pm Yoga w/ Autumn	11/12 10am Butts & Guts	11/13 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	11/14 10am Strength Express 6pm Candlelight Yin Yoga	11/15
11/16	11/17 10am 30-min Total Body 6pm Six-Pack Attack w/ Toni	11/18 10:00am Dance & Mobility 6pm Yoga w/ Autumn	11/19 10am Butts & Guts	11/20 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Tammi	11/21 10am Strength Express	11/22
11/23	11/24 10am 30-min Total Body	11/25 10:00am Dance & Mobility	11/26 10am Butts & Guts	11/27	11/28	11/29
11/30	6pm Muscle Monday w/ Jen	6pm Yoga w/ Tammi		NO CLASSES FOR THANKSGIVING HOLIDAY		

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.

Tone & Lengthen: Combines strengthening and stretching into a great 45-minute workout.

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!

Strength Express: Concentrated total body strength in just 30 minutes

Total Fitness: Cardio mixed with weights and abs.

Butts & Guts: All core & glutes!

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