



Class Schedule for September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9/1 NO CLASS <i>Labor Day Weekend</i>	9/2 NO CLASS <i>Labor Day Weekend</i>
9/3	9/4 NO CLASS <i>Labor Day Weekend</i>	9/5 10:00am Dance & Mobility 6:00pm High Fitness	9/6 10am 30-min Total Body 12:15-1:00pm Power Yoga	9/7 10:00am Yoga Mix 6pm Evening Flow Yoga	9/8 10am 30-min Total Body	9/9 10:00am Pop Pilates
9/10	9/11 10am 30-min Total Body 6pm Tone & Lengthen	9/12 10:00am Dance & Mobility 6:00pm High Fitness	9/13 10am 30-min Total Body 12:15-1:00pm Power Yoga	9/14 10:00am Yoga Mix 6pm Evening Flow Yoga	9/15 10am 30-min Total Body	9/16 10:00am Tone & Lengthen
9/17	9/18 10am 30-min Total Body 6pm Tone & Lengthen	9/19 10:00am Dance & Mobility 6:00pm High Fitness	9/20 10am 30-min Total Body 12:15-1:00pm Power Yoga	9/21 10:00am Yoga Mix 6pm Evening Flow Yoga	9/22 10am 30-min Total Body	9/23 10:00am High Fitness
9/24 10am 30-min Total Body 6pm Tone & Lengthen	9/25 10am 30-min Total Body 6pm Tone & Lengthen	9/26 10:00am Dance & Mobility 6:00pm High Fitness	9/27 10am 30-min Total Body 12:15-1:00pm Power Yoga	9/28 10:00am Yoga Mix 6pm Evening Flow Yoga	9/29 10am 30-min Total Body	9/30 10:00am Dance & Mobility

See Website for Class descriptions
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 so that you'll always know if a class is canceled or changed!