



Monthly Calendar for August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8/1
8/2	8/3 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	8/4 10:00am Dance & Mobility 6pm Yoga w/ Autumn	8/5 10am FlowSculpt 30	8/6 10:00am Yoga Mix 6pm Pilates Fusion	8/7 10am Strength Express	8/8
8/9	8/10 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	8/11 10:00am Dance & Mobility	8/12 10am FlowSculpt 30	8/13 10:00am Yoga Mix 6pm Pilates Fusion	8/14 10am Strength Express	8/15
8/16	8/17 10am 30-min Total Body 6pm Muscle Monday w/ Jenn	8/18 10:00am Dance & Mobility	8/19 10am FlowSculpt 30	8/20 10:00am Yoga Mix 6pm Pilates Fusion	8/21 10am Strength Express	8/22
8/23	8/24 10am 30-min Total Body 6pm Muscle Monday	8/25 10:00am Dance & Mobility	8/26 10am FlowSculpt 30	8/27 10:00am Yoga Mix 6pm Pilates Fusion	8/28 10am Strength Express	8/29
8/30	8/31 10am 30-min Total Body 6pm Muscle Monday					

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 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.

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