



Monthly Calendar for July 2026

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

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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