

## 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!

**High Fitness:** Takes old school aerobics and transforms it into a modern, heart-pounding, fun and effective workout.

Classes are fun and easy to follow.

**Yoga Mix:** Mostly yoga but with some fun extras thrown in to keep it interesting!

**Evening Flow Yoga:** First half of class is a relaxing flow that gets you moving, second half is restorative!

**Pop Pilates:** Where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed.

A mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Each song track has a different focus

**Power Yoga:** Mid-day, mid-week fast paced yoga to help power you through the rest of your week!

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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!*

*Simply text @newagefit to 81010*