



Monthly Calendar for December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12/1 10am 30-min Total Body 6pm Muscle Monday w/ Jen	12/2 10:00am Dance & Mobility 6pm Yoga w/ Autumn	12/3 10am FlowSculpt 30	12/4 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	12/5 10am Strength Express	12/6
12/7	12/8 10am 30-min Total Body 6pm Muscle Monday w/ Jen	12/9 10:00am Dance & Mobility 6pm Yoga w/ Autumn	12/10 10am FlowSculpt 30	12/11 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	12/12 10am Strength Express 6pm Candlelight Restorative Yoga	12/13
12/14	12/15 10am 30-min Total Body	12/16 10:00am Dance & Mobility 6pm Yoga w/ Autumn	12/17 10am FlowSculpt 30	12/18 10:00am Yoga Mix 6pm Warm Flow and Stretch w/ Deanna	12/19 10am Strength Express	12/20
12/21	12/22	12/23	12/24	12/25	12/26	12/27
No Classes -- Week of Christmas						
12/28	12/29 10am 30-min Total Body	12/30 10:00am Dance & Mobility 6pm Yoga w/ Autumn	12/31 10am FlowSculpt 30			

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!

Total Fitness: Cardio mixed with weights and abs.

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.

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