



Monthly Calendar for April 2026

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

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.

Gentle Yoga: Perfect for beginner's or anyone just needing to slow down and unwind!

Muscle Monday: Total body strength training

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