



## Monthly Calendar for August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8/1 10am Strength Express	8/2 9am Restorative Yoga
8/3	8/4 10am 30-min Total Body  6pm Tone & Lengthen	8/5 10:00am Dance & Mobility  6pm Yoga w/ Autumn	8/6 10am Power Yoga	8/7 10:00am Yoga Mix  6pm Total Fitness	8/8 10am Strength Express	8/9 9am Leeway Fitness
8/10	8/11 10am 30-min Total Body  6pm Tone & Lengthen	8/12 10:00am Dance & Mobility  6pm Yoga w/ Autumn	8/13 10am Strength Express  <b>11:30am FREE Family Yoga in the Park</b>	8/14 10:00am Yoga Mix  6pm Total Fitness	8/15 10am Strength Express  <b>7:00pm Candlelight Yin **must pre-register!</b>	8/16 9am Pilates
8/17	8/18 10am 30-min Total Body  6pm Tone & Lengthen	8/19 10:00am Dance & Mobility  6pm Yoga w/ Autumn	8/20 10am Butts & Guts	8/21 10:00am Yoga Mix  6pm Cardio Dance w/ Cara	8/22 10am Strength Express	8/23 9am Total Body <b>10am-11:30 Journey Into the Body **must pre-register!</b>
8/24	8/25 10am 30-min Total Body  6pm Tone & Lengthen	8/26 10:00am Dance & Mobility  6pm Yoga w/ Autumn	8/27 10am Pilates w/ Sharon	8/28 10:00am Yoga Mix  6pm Total Fitness	8/29 10am Strength Express	8/30 <b>Labor Day Weekend No Class</b>

See Website for Class descriptions

920 Malcolm Blvd

**www.livingwithnewage.com**  
**info@livingwithnewage.com**

**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.

**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.

**Yoga of the Heart:** Gentle and healing yoga practice that focuses on body positivity and self-love. Very beginner friendly!

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

**Strength Express:** Concentrated total body strength in just 30 minutes

**30-min HIIT:** Condition your cardio-respiratory system while strengthening your entire body with an emphasis on core.

**Total Fitness:** Cardio mixed with weights and abs.

**Power Yoga:** 30 minute intense flow with quick relaxation at the end.

**On the Ball:** Total Body workout using a stability ball with an emphasis on core.

**Butts & Guts:** All core & glutes!

**Candlelight Yin Yoga:** Our monthly Yin Yoga class will take place this month on Friday, 10/18 at 7pm. You MUST pre-register for this class as spots are limited. This class is \$10 for the public and free to members. If you are a member and pre-register and can't make it, please let us know ahead of time so we can fill your spot.

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*Simply text @newagefit to 81010*