



### Monthly Calendar for May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					5/1 10am Strength Express	5/2
5/3	5/4 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	5/5 10:00am Dance & Mobility  6pm Yoga w/ Autumn	5/6 10am FlowSculpt 30	5/7 10:00am Yoga Mix  4-6pm Contact us about private group sessions	5/8 10am Strength Express	5/9
5/10	5/11 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	5/12 10:00am Dance & Mobility  6pm Yoga w/ Autumn	5/13 10am FlowSculpt 30	5/14 10:00am Yoga Mix  4-6pm Contact us about private group sessions	5/15 10am Strength Express	5/16
5/17	5/18 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	5/19 10:00am Dance & Mobility  6pm Yoga w/ Autumn	5/20 10am FlowSculpt 30	5/21 10:00am Yoga Mix  4-6pm Contact us about private group sessions	5/22 10am Strength Express	5/23
5/24	5/25 10am 30-min Total Body  6pm Muscle Monday w/ Jenn	5/26 10:00am Dance & Mobility  6pm Yoga w/ Autumn	5/27 10am FlowSculpt 30	5/28 10:00am Yoga Mix  4-6pm Contact us about private group sessions	5/29 10am Strength Express	5/30

See Website for Class descriptions

[www.livingwithnewage.com](http://www.livingwithnewage.com)

[info@livingwithnewage.com](mailto: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.

**Muscle Monday:** Total body strength training

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