



Class Schedule for July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7/1 NO CLASS	7/2
7/3	7/4	7/5	7/6	7/7	7/8	7/9
CLOSED THIS WEEK IN OBSERVANCE OF THE HOLIDAY SO THAT WE CAN SPEND TIME WITH OUR FAMILIES! STAY ACTIVE!						
7/10 10am 30-min Total Body 6pm Tone & Lengthen	7/11 10:00am Dance & Mobility 6pm High Fitness	7/12 10am 30-min Total Body	7/13 10:00am Yoga Mix 6pm Evening Flow Yoga	7/14 10am 30-min Total Body	7/15 10:00am Tone & Lengthen	7/16
7/17 10am 30-min Total Body 6pm Tone & Lengthen	7/18 10:00am Dance & Mobility 6pm High Fitness	7/19 10am 30-min Total Body	7/20 10:00am Yoga Mix 6pm Evening Flow Yoga	7/21 10am 30-min Total Body	7/22 10:00am High Fitness	7/23
7/24 10am 30-min Total Body 6pm Tone & Lengthen	7/25 10:00am Dance & Mobility 6pm High Fitness	7/26 10am 30-min Total Body	7/27 10:00am Yoga Mix 6pm Evening Flow Yoga	7/28 10am 30-min Total Body	7/29 10:00am Pop Pilates	7/30
7/31 10am 30-min Total Body 6pm Tone & Lengthen						

See Website for Class descriptions

www.livingwithnewage.com

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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!