



Monthly Calendar for June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/1	6/2 10am 30-min Total Body 6pm Tone & Lengthen	6/3 10:00am Dance & Mobility 6pm Yoga w/ Autumn	6/4 10am Dance Express	6/5 10:00am Yoga Mix 6pm "Lee Way" Fitness w/ w/ Lee Ann	6/6 10am Strength Express	6/7
6/8	6/9 10am 30-min Total Body 6pm Tone & Lengthen	6/10 10:00am Dance & Mobility 6pm Yoga w/ Autumn	6/11 10am-10:45 Buti Yoga 11:30am FREE Family Yoga in the Park	6/12 10:00am Yoga Mix 6pm Total Body w/ Tammi	6/13 10am Strength Express	6/14
6/15	6/16 10am 30-min Total Body 6pm Tone & Lengthen	6/17 10:00am Dance & Mobility 6pm Yoga w/ Autumn	6/18 10am 30 min HIIT	6/19 10:00am Yoga Mix 3:00-5:30pm FREE Lifestyle Sessions (must pre-book) 6pm Total Body w/ Tammi	6/20 10am Strength Express 7:00pm Candlelight Yin **must pre-register!	6/21
6/22	6/23 10am 30-min Total Body 6pm Tone & Lengthen	6/24 10:00am Dance & Mobility 6pm Yoga w/ Autumn	6/25 10am Butts & Guts 5:00-5:45pm Buti Yoga	6/26 10:00am Yoga Mix 6pm "Lee Way" Fitness w/ w/ Lee Ann	6/27 10am Strength Express	6/28
6/29	6/30 No classes week of 4th					

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.

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 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.

Dance Express: Fast paced 30 minute dance class.

Butts & Guts: All core & glutes!

"Lee Way" Fitness: A unique blend of cardio, strength, pilates and yoga

Special Sessions this Month:

Buti Yoga: Buti Yoga is a dynamic blend of power yoga, cardio-intensive tribal movement, and deep core conditioning. Set to high-energy music, this practice is designed to help you break a sweat, free your mind, and tap into your inner power --all while having fun.

We are trying two demo classes this month to see how you like it and where you'd like to see it on the weekly schedule.

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.

FREE Transformation & Lifestyle Support Meetings:

On Wednesday, June 19th, we're offering complimentary 30-minute Transformation and Lifestyle Support sessions—absolutely free!

Each session includes aspects from our full monthly program including:

InBody Scan for a detailed look at your body composition

Personalized goal setting with expert guidance

Free entry to all group fitness classes for one week (offer only for those who are not currently monthly members)

Session times are available between 3:00 PM and 5:30 PM.

Spots are extremely limited and expected to fill quickly.

Advance booking is required. Contact Tammi at 828-442-2589 to reserve your spot!

No sales pitch—just value. And as a thank you for attending, you'll receive a 25% discount coupon for this service in the future.

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You can find the sign up for this on our website under menu options.

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