



Monthly Calendar for April 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|---|---|
| | | 4/1 10:00am Dance & Mobility NO EVENING CLASS | 4/2 10am On the Ball 6:00pm Yoga of the Heart w/ Jordan | 4/3 10:00am Yoga Mix 6pm Total Fitness w/ Toni | 4/4 10am Strength Express | 4/5 10am "Lee-Way" Fitness w/ Lee Ann |
| 4/6 | 4/7 10am 30-min Total Body 6pm Tone & Lengthen w/ Toni | 4/8 10:00am Dance & Mobility 6pm Yoga w/ Autumn | 4/9 10am 30-min HIIT 6:00pm Yoga of the Heart w/ Jordan | 4/10 10:00am Yoga Mix 6pm Circuits w/ Tammi | 4/11 10am Strength Express | 4/12 10am Restorative Yoga w/ Elissa |
| 4/13 | 4/14 10am 30-min Total Body 6pm "Lee-Way" Fitness w/ Lee Ann | 4/15 10:00am Dance & Mobility 6pm Yoga w/ Autumn | 4/16 10am Circuits 6:00pm Yoga of the Heart w/ Jordan | 4/17 10:00am Yoga Mix 6pm Circuits w/ Tammi | 4/18 10am Strength Express <i>No Candlelight Yoga this month due to holiday</i> | 4/19 NO CLASS EASTER WEEKEND |
| 4/20 | 4/21 10am 30-min Total Body 6pm Tone & Lengthen w/ Tammi | 4/22 10:00am Dance & Mobility 6pm Yoga w/ Autumn | 4/23 10am Butts & Guts 6:00pm Yoga of the Heart w/ Jordan | 4/24 10:00am Yoga Mix 6pm Total Fitness w/ Toni | 4/25 10am Strength Express | 4/26 10am Tone & Lengthen w/ Toni |
| 4/27 | 4/28 10am 30-min Total Body 6pm Tone & Lengthen w/ Toni | 4/29 10:00am Dance & Mobility 6pm Yoga w/ Autumn | 4/30 10am Dance Express 6:00pm Yoga of the Heart w/ Jordan | | | |

See Website for Class descriptions

www.livingwithnewage.com

920 Malcolm Blvd
Rutherford College, NC

info@livingwithnewage.com

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 in 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.

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

Butts & Guts: All core & glutes!

"Lee-Way" Fitness: A unique mix of cardio, strength, pilates and yoga.

Yoga of the Heart: Come join Jordan for a gentle yoga practice that focuses on healing the body and mind via the parasympathetic system.

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!

Simply text @newagefit to 81010