



Monthly Calendar for January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/1			1/1 10am Back to Basics	1/2 10:00am Yoga Mix 6pm Total Fitness	1/3 10am Strength Express	1/4 10am Total Body
1/5	1/6 10am 30-min Total Body 6pm Tone & Lengthen	1/7 10:00am Dance & Mobility	1/8 10am HIIT 6:00pm Yoga of the Heart	1/9 10:00am Yoga Mix 6pm Total Fitness	1/10 10am Strength Express	1/11 10am Tone & Lengthen
1/12	1/13 10am 30-min Total Body 6pm Tone & Lengthen	1/14 10:00am Dance & Mobility	1/15 10am Dance Express 6:00pm Yoga of the Heart	1/16 10:00am Yoga Mix 6pm Total Fitness	1/17 10am Strength Express 7:00pm Candlelight Yin **must pre-register!	1/18 10am Restorative Yoga
1/19	1/20 10am 30-min Total Body 6pm Tone & Lengthen	1/21 10:00am Dance & Mobility	1/22 10am On the Ball 6:00pm Yoga of the Heart	1/23 10:00am Yoga Mix 6pm Total Fitness	1/24 10am Strength Express	1/25 10am-1pm Open House!
1/26	1/27 10am 30-min Total Body 6pm Tone & Lengthen	1/28 10:00am Dance & Mobility 6pm Yoga w/ Autumn	1/29 10am Power Yoga	1/30 10:00am Yoga Mix 6pm Total Fitness	1/31 10am Strength Express	

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

Back to Basics: In this class, we will focus on proper form for all of the most basic strength exercises.

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.

Dance Express: Fast paced 30 minute dance class.

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.

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

When you see a bolded class with an " * " this means that it's a special session, not a weekly class.

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Simply text @newagefit to 81010