








Phone: 864-335-4855
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Mauldin Sports Center December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>⇒ Classes and Instructors are subject to change without notice</p> <p>⇒ Please Look for Silver Sneakers classes in purple</p> <p>⇒ Your holiday schedule ends January 9, 2019</p> <p>⇒ Look for MORE exciting class in January</p> <p>⇒ Check Facebook for the most up to date class schedule</p>		<p>Sign up in Lobby @sign up table</p>  <p>Begins January 10, 2019</p>			<p>1 Morning Classes POUND INSTRUCTOR TRAINING CLASS 8am-5pm NO CLASSES TODAY www.pounfit.com</p> <hr/> <p>2 Afternoon Classes 2:15 Restorative Yoga NJ</p>
<p>3 BIGGEST LOSER SIGN UP BEGINS</p> <p>5:35 Interval Training (45 min) ...KG 8:35 Pilates with Props JE 9:45 Zumba@ Toning LP 11:00 Yoga RC 12:00 Switching (30 min) DM 1:15 Tai Chi RC 5:45 All Ball Sport Circ. (40 min) KG 6:30 Yoga JS 7:45 Zumba LE</p>	<p>4</p> <p>5:35 Cycle (45 min) SP 8:35 POUND@JE 9:45 Yoga AE 9:45 Zumba@ LP 9:45 Interval Training LB 11:00 Silver Fit DM 12:00 Chair Yoga RC 4:30 NOPilates with Props JE 6:00 Strength Training KG</p>	<p>5</p> <p>5:35 Barre Boot Camp TW 8:45 Tabata (40 min) AE 9:45 Strength TrainingLB 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 Cycle(40 minutes)..... TB 6:45 Yoga JS</p>	<p>6</p> <p>5:35 Cardio + Conditioning SP 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. LB 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 POUND@ KG 7:30 Zumba@NG</p>	<p>7</p> <p>5:35 Interval Training (45 min) .. SP 8:35 Pilates Barre-Relaxation JE 9:00 Line Dancing Basics TK 9:15 Line Dancing TK 9:45 Yoga AE 10:55 Yoga for Seniors NJ 12:00 Open Switching (30 min) No I 5:15 Yoga JS</p>	<p>8</p> <p>Morning Classes 8:30 Power Yoga JS 9:45 POUND@ KG</p> <hr/> <p>9 Afternoon Classes 2:15 Restorative Yoga NJ</p>
<p>10</p> <p>5:35 Interval Training (45 min) · KG 8:35 Pilates with Props JE 9:45 Zumba@ Toning LP 11:00 Yoga RC 12:00 Switching (30 min) DM 1:15 Tai Chi RC 5:45 All Ball Sport Circ. (40 min) KG 6:30 Yoga JS 7:45 Zumba LE</p>	<p>11</p> <p>5:35 Cycle (45 min) SP 8:35 POUND@ (45 min)JE 9:45 Yoga AE 9:45 Zumba@ LP 9:45 Interval Training LB 11:00 Silver Fit DM 12:00 Chair Yoga RC 4:30 Pilates with Props JE 6:00 Strength Training KG</p>	<p>12</p> <p>5:35 Barre Boot Camp TW 8:45 Tabata (40 min) AE 9:45 Strength Training JE 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 Cycle(40 minutes)..... TB 6:45 Yoga NJ</p>	<p>13</p> <p>5:35 All Ball Sport Circ. SP 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. LB 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi TC 4:30 Pilates with Props JE 6:00 POUND@ KG 7:30 Zumba@NG</p>	<p>14</p> <p>5:35 Strength Training(45 min) .. SP 8:35 Core-Lates LB 9:00 Line Dancing Basics TK 9:15 Line Dancing TK 9:45 Yoga AE 10:55 Yoga for Seniors NJ 12:00 Open Switching (30 min) No I 5:15 Yoga NJ</p>	<p>15</p> <p>Morning Classes 8:30 Power Yoga AE 9:45 POUND@ KG</p> <hr/> <p>16 Afternoon Classes 2:15 Restorative Yoga NJ</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 Interval Training (45 min) --KG 8:35 Pilates with Props JE 9:45 Zumba Toning LP 11:00 Yoga RC 12:00 Switching (30 min) DM 1:15 Tai Chi RC 5:45 All Ball Sport Circ. (40 min) KG 6:30 Yoga JS 7:45 Zumba LE	18 5:35 Cycle (45 min) SP 8:35 POUND@ JE 9:45 Yoga AE 9:45 Zumba@ LP 9:45 Interval Training AD 11:00 Silver Fit DM 12:00 Chair Yoga RC 4:30 Pilates with Props JE 6:00 Strength Training KG	19 5:35 Barre Boot Camp TW 8:45 Tabata (40 min) AE 9:45 Strength Training JE 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 Cycle(40 minutes) TB 6:45 Yoga JS	20 5:35 Cardio + Conditioning SP 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 POUND@ KG 7:30 Zumba@ NG	21 Parent's Night Out 5:35 Interval Training (45 min) --SP 8:35 Pilates-Barre-Relaxation JE 9:00 Line Dancing Basics TK 9:15 Line Dancing TK 9:45 Yoga AE 10:55 Yoga for Seniors NJ 12:00 Open Switching (30 min) No I 5:15 Yoga JS	22 Morning Classes 8:30 Power Yoga JS ----- 23 Afternoon Classes 2:15 Restorative Yoga JS
24 NO CLASSES TODAY Hours 5:30am-12pm  31 5:30am-5pm 9:00-10:15am Pilates with Props & Relaxation ... JE	25 MERRY CHRISTMAS CLOSED 	26 8am-5pm Today NO CLASSES 	27 5:35 All Ball Sport Circ. SP 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 POUND@ KG 7:30 Zumba@ NG	28 5:35 Interval Training (45 min) --SP 8:35 Core-Lates KG 9:45 Yoga AE 10:55 Yoga for Seniors NJ 12:00 Open Switching (30 min) No I 5:15 Yoga JS	29 Morning Classes 8:30 Power Yoga JS ----- 30 Afternoon Classes 2:15 Restorative Yoga JS

⇒ Silver Sneakers Members May take classes at the Sports Center AND Senior Center

⇒ Class descriptions available on-line www.cityofmauldin.com and at your Mauldin Sports Center front desk

⇒ CLOSED NEW YEARS DAY

⇒ Biggest Loser Begins January 10! Sign up by January 3!

⇒ Look for our Passport to Wellness Program Beginning January 2019!

⇒ Parents Night Out December 21

⇒ Look Carefully for special events and updates

⇒ "Like" us on Social Media



**Questions? Please contact
MSC Director:
Jennifer Edwins
jedwins@mauldinrecreation.com**

Instructor List:
 AD Amanda
 AE Ashley
 AR Adabelle
 CB Christy
 DI Dan
 DM Dianne
 JE Jenn
 LL Liliana
 LP Lori
 JS Jenny S
 LB Lina
 LE Leah
 LP Lori
 NG Nina
 NJ Nicole

Instructor List:
 RC Rebecca
 SP Sara
 TB Teri
 TK Tami
 TW Taryn
 \$\$ Fee
 Purple Classes are
[Silver Sneakers](#)
 Red classes are
[Included in track pass](#)

**NO I= No Instructor=
Open class time**