






Phone: 864-335-4855
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Mauldin Sports Center January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|--|--|---|--|
|  | <p>1 CLOSED Happy 2019</p>  | <p>2</p> <p>5:35 NO CLASS TODAY Happy 2019</p> <p>8:45 Tabata (40 min) AE</p> <p>9:45 Strength Training..... KG</p> <p>10:00 Yoga for Osteoporosis RC</p> <p>12:00 Switching (30 min) DM</p> <p>5:45 POUND@ KG</p> <p>6:45 Yoga JS</p> | <p>3</p> <p>5:35 All Ball Sport Circ. AD</p> <p>8:35 POUND@ JE</p> <p>9:45 Zumba @ LP</p> <p>9:45 All Ball Sport Circ. AD</p> <p>10:45 Silver Fit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Tabata (40 min) KG</p> <p>7:30 Zumba@ NG</p> | <p>4</p> <p>5:35 Interval Training Circuit AD</p> <p>8:35 Pilates Barre-Relaxation JE</p> <p>9:00 Line Dancing Basics TK</p> <p>9:15 Line Dancing TK</p> <p>9:45 Yoga AE</p> <p>10:55 Yoga for Seniors NJ</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga JS</p> | <p>5</p> <p>Morning Classes</p> <p>8:30 Power Yoga JS</p> <p>9:45 Biggest Loser Meeting at the Cultural Center</p> <hr/> <p>6</p> <p>Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</p> |
| <p>7 Biggest Loser Begins</p> <p>5:35 Interval Training (45 min) ... KG</p> <p>8:35 Pilates with Props JE</p> <p>9:45 Zumba@ Toning LP</p> <p>11:00 Yoga RC</p> <p>12:00 Switching (30 min) DM</p> <p>1:15 Tai Chi RC</p> <p>5:45 All Ball Sport Circ. (40 min) KG</p> <p>6:30 Yoga (45 min) JS</p> <p>7:30 Zumba@ LE</p> | <p>8</p> <p>5:35 Cycle (45 min) SP</p> <p>8:35 POUND@ JE</p> <p>9:45 Relax-Flow-Let Go AE</p> <p>9:45 Zumba@ LP</p> <p>9:45 Interval Training Circuit AD</p> <p>11:00 Silver Fit DM</p> <p>12:00 Chair Yoga RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 RPM Cycle TB</p> <p>7:15 Room Reserved for Biggest Loser Participants</p> | <p>9</p> <p>5:35 Barre Boot Camp..... TW</p> <p>8:45 Tabata (40 min) AE</p> <p>9:45 Strength Training..... JE</p> <p>10:00 Yoga for Osteoporosis RC</p> <p>12:00 Switching (30 min) DM</p> <p>5:45 POUND@ KG</p> <p>6:45 Yoga NJ</p> | <p>10</p> <p>5:35 All Ball Sport Circ. AD</p> <p>8:35 POUND@ JE</p> <p>9:45 Zumba @ LP</p> <p>9:45 All Ball Sport Circ. AD</p> <p>10:45 Silver Fit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Tabata (40 min) JE</p> <p>7:00 Room Reserved for Biggest Loser Participants</p> <p>7:30 Zumba@ NG</p> | <p>11</p> <p>5:35 Strength Training(45 min) .. SP</p> <p>8:35 Pilates Barre-Relaxation JE</p> <p>9:00 Line Dancing Basics TK</p> <p>9:15 Line Dancing TK</p> <p>9:45 Yoga AE</p> <p>10:55 Yoga for Seniors NJ</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga JS</p> | <p>12</p> <p>Morning Classes</p> <p>8:30 Power Yoga JS</p> <p>9:45 Room Reserved for Biggest Loser Participants</p> <hr/> <p>13</p> <p>Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</p> |
| <p>14</p> <p>5:35 Interval Training (45 min) · KG</p> <p>8:35 Pilates with Props JE</p> <p>9:45 Zumba@ Toning..... LP</p> <p>11:00 Yoga RC</p> <p>12:00 Switching (30 min) DM</p> <p>1:15 Tai Chi RC</p> <p>5:45 All Ball Sport Circ. (40 min) KG</p> <p>6:30 Yoga (45 min) JS</p> <p>7:30 Zumba@ LE</p> | <p>15</p> <p>5:35 Cycle (45 min) SP</p> <p>8:35 POUND@ (45 min) JE</p> <p>9:45 Relax-Flow-Let Go AE</p> <p>9:45 Zumba@ LP</p> <p>9:45 Interval Training Circuit AD</p> <p>11:00 Silver Fit DM</p> <p>12:00 Chair Yoga RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Cycle Fusion TB</p> <p>7:15 Room Reserved for Biggest Loser Participants</p> | <p>16</p> <p>5:35 Barre Boot Camp..... TW</p> <p>8:45 Tabata (40 min) AE</p> <p>9:45 Strength Training..... JE</p> <p>10:00 Yoga for Osteoporosis RC</p> <p>12:00 Switching (30 min) DM</p> <p>5:45 POUND@ KG</p> <p>6:45 Yoga JS</p> | <p>17</p> <p>5:35 All Ball Sport Circ. AD</p> <p>8:35 POUND@ JE</p> <p>9:45 Zumba @ LP</p> <p>9:45 All Ball Sport Circ. AD</p> <p>10:45 Silver Fit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi TC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Tabata (40 min) JE</p> <p>7:00 Room Reserved for Biggest Loser Participants</p> <p>7:30 Zumba@ NG</p> | <p>18 Parent's Night Out</p> <p>5:35 Interval Training Circuit AD</p> <p>8:35 Pilates Barre-Relaxation JE</p> <p>9:00 Line Dancing Basics TK</p> <p>9:15 Line Dancing TK</p> <p>9:45 Yoga AE</p> <p>10:55 Yoga for Seniors NJ</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga JS</p> | <p>19</p> <p>Morning Classes</p> <p>8:30 Power Yoga JS</p> <p>9:45 Room Reserved for Biggest Loser Participants</p> <hr/> <p>20</p> <p>Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</p> |



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|---|--|--|---|---|
| <p>21 Martin Luther King Day City Holiday Greenville County Schools Closed</p> <p>5:35 Interval Training (45 min) --AD 8:35 Pilates with Props JE 9:45 Zumba Toning LP 11:00 NO YOGA TODAY 12:00 Switching (30 min) DM 1:15 NO Tai Chi TODAY 5:45 All Ball Sport Circ. (40 min) KG 6:30 Yoga (45 min) JS 7:30 Zumba@ LE</p> | <p>22</p> <p>5:35 Cycle (45 min) SP 8:35 POUND@ JE 9:45 Relax-Flow-Let Go AE 9:45 Zumba@ LP 9:45 Interval Training Circuit ... AD 11:00 Silver Fit DM 12:00 Chair Yoga RC 4:30 Pilates with Props JE 6:00 RPM Cycle TB 7:15 Room Reserved for Biggest Loser Participants</p> | <p>23</p> <p>5:35 Barre Boot Camp TW 8:45 Piloxing@ Knockout JE/AD 9:45 Strength Training JE 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND@ KG 6:45 Yoga NJ</p> <p>Piloxing@ KNOCKOUT 8:35am</p> | <p>24 Passport to Wellness FREE community Seminar</p> <p>5:35 All Ball Sport Circ. AD 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. AD 10:45 Silver Fit DM 11:30 & 6pm Starting an Exercise & Nutrition Program Seminar @Cultural Center...FREE! Sign up @front desk 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 Tabata (40 min) KG 6:00 Seminar @Cultural Center...FREE 7:00 Room Reserved for Biggest Loser Participants 7:30 Zumba@ NG</p> | <p>25 Parent's Night Out</p> <p>5:35 Strength Training (45 min) ... SP 8:35 Yoga-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 5:45 Yoga JS</p> | <p>26 Morning Classes</p> <p>8:30 Power Yoga JS 9:45 Room Reserved for Biggest Loser Participants</p> <hr/> <p>27 Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</p> |
| <p>28</p> <p>5:35 Interval Training (45 min) --AD 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 (45 min) JS 7:30 Zumba@ LE</p> | <p>29</p> <p>5:35 Cycle (45 min) SP 8:35 POUND@ JE 9:45 Relax-Flow-Let Go AE 9:45 Zumba@ LP 9:45 Interval Training Circuit ... AD 11:00 Silver Fit DM 12:00 Chair Yoga RC 4:30 Pilates with Props JE 6:00 Cycle Fusion TB 7:15 Room Reserved for Biggest Loser Participants</p> | <p>30</p> <p>5:35 Barre Boot Camp TW 8:45 Mash-Up Mania JE/AD 9:45 Strength Training JE 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND@ KG 6:45 Yoga JS</p> <p>NEW 8:35am CLASS TODAY!</p> | <p>31</p> <p>5:35 All Ball Sport Circ. AD 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 Tabata (40 min) KG 7:00 Room Reserved for Biggest Loser Participants 7:30 Zumba@ NG</p> | <p>⇒ Classes and Instructors are subject to change without notice</p> <p>⇒ New Year Schedule Begins January 7 pay close attention to class additions and changes</p> <p>⇒ 8:45am Knockout with Jenn and Amanda January 23</p> <p>⇒ New Class Trial January 30 8:35am Mash-up Mania</p> <p>⇒ Check Facebook for the most up to date class schedule</p> |  |

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

⇒ Silver Sneakers Classes are in PURPLE

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

⇒ Passport To Wellness: Our new series of seminars details and sign up at the front desk

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

| Instructor List: | Instructor List: |
|-------------------|------------------------|
| AD Amanda | RR Robby |
| AE Ashley | RC Rebecca |
| AR Adabelle | SP Sara |
| CB Christy | TB Teri |
| DI Dan | TK Tami |
| DM Dianne | TW Taryn |
| JE Jenn | |
| LL Liliana | \$\$ Fee |
| LP Lori | |
| JS Jenny S | Purple Classes are |
| KG Kayla | Silver Sneakers |
| LB Lina | |
| LE Leah | Red classes are |
| LP Lori | Included in track pass |
| NG Nina | |
| NJ Nicole | |

NO I= No Instructor= Open class time