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Mauldin Sports Center February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				<p>1</p> <p>5:35 Interval Training Circuit ---- AD 8:35 Pilates Barre-Relaxation ---- JE 9:00 Line Dancing Basics ----- TK 9:15 Line Dancing ----- TK 9:45 Yoga ----- AE 10:55 Senior Yoga ----- NJ 12:00 Open Switching (30 min) No I 5:45 Yoga ----- JS</p>	<p>2 \$SIDS Fitness Fundraiser \$5 9am-11am 9:00 POUND@ ----- JE/KG 10:00 Lengthen & Relaxation...JE 10:45-11 Door Prizes Tickets \$5 @ the front desk</p> <hr/> <p>3 Afternoon Classes 2:15 Restorative Yoga ----- NJ</p>
<p>4</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 ----- JS 7:35 Zumba@ ----- LE</p>	<p>5</p> <p>5:35 Cycle (45 min) ----- SP 8:35 POUND@ ----- AE 9:45 Relax-Flow-Let Go ----- AE 9:45 Zumba@ ----- LP 9:45 Interval Training Circuit ---- AD 11:00 Silver Sneakers@ circuit-- 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>6</p> <p>5:35 Barre Boot Camp ----- TW 8:45 Tabata (40 min) ----- 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>7</p> <p>5:35 All Ball Circuit ----- AD 8:35 POUND@ ----- AE 9:45 Zumba@ ----- LP 9:45 All Ball Sport Circ. ----- LB 10:45 Silver Sneakers@ circuit-- DM 11:45 Chair Yoga ----- RC 12:35 Tai Chi ----- RC 4:30 Pilates with Props ----- JE 6:00 Tabata (40 min) ----- JE 7:00 Room Reserved for Biggest Loser Participants 7:30 Zumba@ ----- NG</p>	<p>8</p> <p>5:35 Strength 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 Senior Yoga ----- NJ 12:00 Open Switching (30 min) No I 5:45 Yoga ----- JS</p>	<p>9</p> <p>Morning Classes 8:30 Power Yoga ----- JS 9:45 Room Reserved for Biggest Loser Participants</p> <hr/> <p>10 Afternoon Classes 2:15 Restorative Yoga ----- NJ</p>
<p>11</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 ----- JS 7:35 Zumba@ ----- LE</p>	<p>12</p> <p>5:35 Cycle (45 min) ----- SP 8:35 POUND@ (45 min) ----- AE 9:45 Relax-Flow-Let Go ----- AE 9:45 Zumba@ ----- LP 9:45 Interval Training Circuit ---- AD 11:00 Silver Sneakers@ circuit-- 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>13</p> <p>5:35 Piloxing@ Knockout ----- JE/AD 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>14 St. Valentine's Day</p> <p>5:35 Cardio Conditioning ----- AD 8:35 POUND@ ----- AE 9:45 Zumba@ ----- LP 9:45 All Ball Sport Circ. ----- AD 10:45 Silver Sneakers@ circuit-- DM 11:45 Chair Yoga ----- RC 12:35 Tai Chi ----- TC 4:30 Pilates with Props ----- JE 6:00 INTRO Kettlebell AMPD ----- NG 7:00 Room Reserved for Biggest Loser Participants 7:30 Zumba@ ----- NG</p>	<p>15 Parent's Night Out</p> <p>5:35 Interval Training Circuit ---- AD 8:35 Pilates Barre-Relaxation ---- JE 9:00 Line Dancing Basics ----- TK 9:15 Line Dancing ----- TK 9:45 Yoga ----- AE 10:55 Senior Yoga ----- NJ 12:00 Open Switching (30 min) No I 5:45 Yoga ----- JS</p>	<p>16</p> <p>Morning Classes 8:30 Power Yoga ----- JS 9:45 Room Reserved for Biggest Loser Participants</p> <hr/> <p>17 Afternoon Classes 2:15 Restorative Yoga ----- NJ</p>

SADLY BIGGEST LOSER 2019 ENDS TODAY!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>18 President's Day Watch us on Your Carolina Live with Jack & Megan</p> <p>5:35 Interval Training (45 min) --AD 8:35 Pilates with Props LB 9:45 Zumba Toning LP 10:00 YOUR CAROLINA LIVE CH 7 JE 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 7:35 Zumba@ LE</p>	<p>19</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 Sneakers@ circuit 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 BONUS WORKOUT</p>	<p>20</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>21</p> <p>5:35 All Ball Circuit AD 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. AD 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 Tabata (40 min) KG 7:30 Zumba@ NG</p>	<p>22</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 Senior Yoga NJ 12:00 Open Switching (30 min) No I 5:45 Yoga JS</p>	<p>23</p> <p>Morning Classes 8:30 Power Yoga JS 9:45 POUND@ KG</p> <hr/> <p>24</p> <p>No Afternoon Classes 9:00a-5:00p Kettlebell AMPD Instructor Certification... \$\$</p>
<p>25</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 JS 7:35 Zumba@ LE</p>	<p>26</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 Sneakers@ circuit DM 12:00 Chair Yoga RC 4:30 Pilates with Props JE 6:00 Cycle Fusion TB 7:00 BIGGEST LOSER BANQUET Mauldin Cultural Center Auditorium</p>	<p>27</p> <p>5:35 Barre Boot Camp..... TW 8:45 Tabata (40 min) 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>28 Passport to Wellness FREE community Seminar</p> <p>5:35 Cardio Conditioning AD 8:35 POUND@ JE 9:45 Zumba@ LP 9:45 All Ball Sport Circ. AD 10:45 Silver Sneakers@ circuit DM 11:30 & 6pm Maintaining Motivation to eat Healthy & Exercise 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 Cener.FREE 7:30 Zumba@ NG</p>	<p>⇒ Classes and Instructors are subject to change without notice</p> <p>⇒ Next Passport to Wellness seminar February 28</p> <p>⇒ 5:35am February 13 AND 8:45am February 20, Piloxing@ Knockout with Jenn and Amanda</p> <p>⇒ Check Facebook for the most up to date class schedule</p>	<p>⇒ COMING IN MARCH! Another amazing fitness program at your Mauldin Sports Center!</p> 

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

⇒ Silver Sneakers® members may take classes at the Sports Center AND Senior Center

⇒ Passport To Wellness: Seminar February 28th

⇒ Fitness Fundraiser February 2!

⇒ Biggest Loser, you guys are killin' it! Banquet February 26 7pm

⇒ Parents Night Our February 15

⇒ 10th Annual Peacock Strides for Babies is March 9th! 5k Run/Walk

<https://runsignup.com/Race/SC/Mauldin/AnnualPeacockStridesforBabies>



FINAL

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® and
LB Lina	Senior approved
LE Leah	Red classes are
LP Lori	Included in track pass
NG Nina	
NJ Nicole	

NO I= No Instructor=
Open class time