






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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>⇒ <u>Classes and Instructors are subject to change without notice</u></p> <p>⇒ Next Passport to Wellness Seminar March 28</p> <p>⇒ Fitness Fundraiser March 30 See flier for complete details</p> <p>⇒ Check Facebook for the most up to date class schedule</p>				<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</p> <p>Morning Classes 8:30 Power Yoga ----- JS 9:35 Buns & Guns ----- JS</p> <hr/> <p>3</p> <p>Afternoon Classes 2:15 Restorative Yoga ----- NJ</p>
<p>4 BEACH BODY BOOT CAMP BEGINS</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@ ----- 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 Strength Training ----- KG 7:15 Room Reserved for Beach Body Bootcamp 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 6:35 Yoga ----- JS</p>	<p>7</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 7:00 Room Reserved for Beach Body Bootcamp Participants 7:30 Zumba@ ----- NG</p>	<p>8</p> <p>5:35 Kettlebell AMPD @----- AD 8:35 Pilates Barre-Relaxation ---- JE 9:45 Yoga----- AE 10:55 Senior Yoga ----- NJ 12:00 Open Switching (30 min) No I 5:45 Yoga ----- AE</p>	<p>9</p> <p>Morning Classes 8:30 Power Yoga ----- JS 8:30 SIDS 1 mile FUN RUN 9:00 SIDS 5K RUN WALK www.mauldinrecreation.com</p> <hr/> <p>10</p> <p>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 NO Yoga ----- NO Yoga 7:35 Zumba@ ----- LE</p>	<p>12</p> <p>5:35 Cycle (45 min) ----- SP 8:35 POUND@ (45 min) ----- 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 Strength Fusion ----- TB 7:15 Room Reserved for Beach Body Bootcamp Participants</p>	<p>13</p> <p>5:35 Barre Boot Camp ----- JE 8:45 Kettlebell AMPD @----- JE/AD 9:45 Strength Training ----- JE 10:00 Yoga for Osteoporosis ----- RC 12:00 Switching (30 min) ----- DM 5:45 POUND@ ----- KG 6:35 Yoga ----- NJ</p>	<p>14</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 11:45 Chair Yoga ----- RC 12:35 Tai Chi ----- TC 4:30 Pilates with Props ----- JE 6:00 Kettlebell AMPD @----- JE 7:00 Room Reserved for Beach Body Bootcamp Participants 7:30 Zumba@ ----- LL</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 ----- TB</p>	<p>16</p> <p>Morning Classes 8:30 Power Yoga ----- JS 9:45 Room Reserved for Beach Body Bootcamp Participants</p> <hr/> <p>17</p> <p>Afternoon Classes 2:15 Restorative Yoga ----- NJ</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>18</p> <p>5:35 Interval Training (45 min) --AD</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 JS</p> <p>7:35 Zumba@ LE</p>	<p>19</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 Sneakers@ circuit - DM</p> <p>12:00 Chair Yoga RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Strength Training TB</p> <p>7:15 Room Reserved for Beach Body Bootcamp Participants</p>	<p>20</p> <p>5:35 Barre Boot Camp JE</p> <p>8:45 Tabata (40 min) AD</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>6:35 Yoga JS</p>	<p>21</p> <p>5:35 All Ball Circuit 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 Sneakers@ circuit - 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>Room Reserved for Beach Body Bootcamp Participants</p> <p>7:30 Zumba@ NG</p>	<p>22</p> <p>5:35 Kettlebell AMPD@ AD</p> <p>8:35 Yoga-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 Senior Yoga NJ</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga NJ</p>	<p>23</p> <p>Morning Classes</p> <p>8:30 Power Yoga JS</p> <p>9:45 Room Reserved for Beach Body Bootcamp Participants</p> <hr/> <p>24</p> <p>Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</p>
<p>25</p> <p>5:35 Interval Training (45 min) --AD</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 JS</p> <p>7:35 Zumba@ LE</p>	<p>26</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 Sneakers@ circuit - DM</p> <p>12:00 Chair Yoga RC</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Strength Fusion TB</p> <p>7:00 Room Reserved for Beach Body Bootcamp Participants</p>	<p>27</p> <p>5:35 Barre Boot Camp TW</p> <p>8:45 Kettlebell AMPD@ JE/AD</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>6:35 Yoga NJ</p>	<p>28 Passport to Wellness FREE community Seminar</p> <p>5:35 Cardio Conditioning 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 Sneakers@ circuit - DM</p> <p>11:30 Heart Healthy Cooking @Cultural Center...FREE!</p> <p>Sign up @front desk</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 Kettlebell AMPD@ JE</p> <p>6:00 Seminar @Cultural Ctr...FREE</p> <p>7:00 Room Reserved for Beach Body Bootcamp Participants</p> <p>7:30 Zumba@ NG</p>	<p>29</p> <p>5:35 Interval Training Circuit AD</p> <p>8:35 Yoga-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 Senior Yoga NJ</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga TBA</p>	<p>30 American Cancer Society Greenville Fundraiser</p> <p>9:00 POUND@ JE/KG</p> <p>10:00 YIN Yoga JS</p> <p>Donation Event (not mandatory) See Flier for details</p> <hr/> <p>31</p> <p>Afternoon Classes</p> <p>2:15 Restorative Yoga NJ</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 March 28th Healthy Cooking Less Fat More Taste Sign up at the front desk



FINAL

⇒ Fitness Fundraiser Saturday March 30!

⇒ Parents Night Out March 15

⇒ New Class this month Kettlebell AMPD®

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