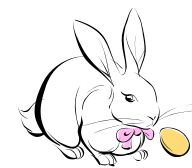






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 Director: Jennifer Edwins
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Mauldin Sports Center April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</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 NO Zumba@ TODAY..... :-)</p>	<p>2</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..... JE 7:15 Room Reserved for Beach Body Bootcamp Participants</p>	<p>3</p> <p>5:35 Barre Boot Camp..... JE 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>74</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>5</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>6</p> <p>Morning Classes 8:30 Power Yoga JS 9:45 Room Reserved for Beach Body Bootcamp Participants</p> <hr/> <p>7 Last Day BEACH BODY BOOT CAMP Afternoon Classes 2:15 Restorative Yoga NJ</p>
<p>8</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>9</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..... JE 7:15 Tabata Boot Camp..... JE</p>	<p>10</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>11</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 Kettlebell AMPD @.....NG 7:00 30 minute Thursday.....KG 7:30 Zumba@NG</p>	<p>12</p> <p>5:35 Kettlebell AMPD @.....AD 8:35 Pilates Barre-Relaxation..... JE 9:45 Lengthen & Relaxation..... JE 10:55 Senior Yoga NJ 12:00 Open Switching (30 min) No I 5:45 Yoga JS</p>	<p>13</p> <p>Morning Classes 8:30 Power Yoga JS 9:45 Buns & Guns..... TB</p> <hr/> <p>14 Afternoon Classes 2:15 Restorative Yoga JS</p>
<p>15 Greenville County Spring Break Week Schedule Limited -April 21 5:35 Interval Training (45 min) . AD 9:45 Zumba@ Toning..... LP 11:00 Yoga RC 12:00 Switching (30 min) NoI 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>16</p> <p>5:35 No Cycle Today 9:45 Relax-Flow-Let Go AE 9:45 Zumba@ LP 9:45 Interval Training Circuit AD 12:00 Chair Yoga RC 6:00 Strength Training..... KG</p>	<p>17</p> <p>5:35 Barre Boot Camp..... TW 8:45 Tabata (40 min)AD 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) NoI 5:45 POUND@..... KG 6:35 Yoga JS</p>	<p>18</p> <p>5:35 Cardio Conditioning AD 9:45 Zumba@ LP 9:45 All Ball Sport Circ.AD 11:45 Chair Yoga RC 12:35 Tai Chi TC 6:00 Tabata (40 min)KG 7:30 Zumba@NG</p>	<p>19 Good Friday City Holiday 5:35 Interval Training Circuit.....AD 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 NO CLASS</p>	<p>20</p> <p>Morning Classes 8:30 Power Yoga JS 9:45 NO CLASS</p> <hr/> <p>21 CLOSED HAPPY EASTER</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 30 Day Challenge Begins 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	23 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 JE 7:15 Tabata Boot Camp JE	24 5:35 Barre Boot Camp TW 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 JS	25 Passport to Wellness FREE community Seminar 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 Supermarket/Budget Smarts for a healthy lifestyle @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 Kettlebell AMPD@ NG 7:00 30 minute Thursday KG 7:30 Zumba@ NG	26 5:35 Kettlebell AMPD@ AD/JE 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	27 Morning Classes 8:30 Power Yoga JS 9:45 Buns & Guns TB ----- 28 Afternoon Classes 2:15 Restorative Yoga NJ

29 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	30 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 JE 7:00 Tabata Boot Camp JE		⇒ Classes and Instructors are subject to change without notice ⇒ Next Passport to Wellness Seminar April 25 ⇒ 30 Day Fitness Challenge Begins April 22 ⇒ Check Facebook for the most up to date class schedule	
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⇒ 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 April 25th: Rapid Relaxation! Supermarket and Budget Smarts for a healthy lifestyle



⇒ Next Fitness Challenge: 30 Day Challenge begins April 22!

⇒ No Parent's Night Out this month

⇒ Kettlebell AMPD® has been added Wednesday 8:35am and Thursday 6pm

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