





Phone: 864-335-4855  
 Web: mauldinrecreation.com  
 Facebook: Mauldin Sports Center  
 Director: Jennifer Edwins  
 jedwins@mauldinrecreation.com

# Mauldin Sports Center May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>⇒ <u>Classes and Instructors are subject to change without notice</u></p> <p>⇒ Next FREE Passport to Wellness Seminar May 23</p> <p>⇒ Check Facebook for the most up to date class schedule</p> <p>⇒ Check us out on Instagram and Facebook @Mauldinsportscenter</p>		<p>1</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>2</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 30 minute Thursday.....KG        7:30 Zumba@ .....NG</p>	<p>3</p> <p>5:35 Interval Training Circuit..... SP        8:35 Pilates Barre-Relaxation..... JE        9.00 Line Dancing Basics ..... TK        9.15 Line Dancing ..... TK        9:45 Yoga..... NJ        10:55 Senior Yoga ..... NJ        12:00 Open Switching (30 min) No I        5:45 Yoga ..... JS</p>	<p>4</p> <p>Morning Classes        8:30 Power Yoga ..... JS        9:45 Buns &amp; Guns..... TB</p> <hr/> <p>5</p> <p>Afternoon Classes        2:15 Restorative Yoga NJ</p>
<p>6</p> <p>5:35 Interval Training (45 min) ... SP        8:35 Pilates with Props ..... LB        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) LB        6:30 Yoga ..... JS        7:35 Zumba@ .....LE</p>	<p>7</p> <p>5:35 Cycle (45 min) ..... SP        8:35 POUND@ .....JE        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 Tabata Strength .....JE</p>	<p>8</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 ..... JS</p>	<p>9</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 30 minute Thursday.....KG        7:30 Zumba@ .....NG</p>	<p>10</p> <p>5:35 Kettlebell AMPD @.....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 ..... AE</p>	<p>11</p> <p>Morning Classes        8:30 Pilates with Prps ..... JE        9:45 Buns &amp; Guns..... TB</p> <hr/> <p>12</p> <p>Afternoon Classes        2:15 Restorative Yoga ..... NJ</p>
<p>13</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 ..... AE        7:35 Zumba@ ..... LE</p>	<p>14</p> <p>5:35 Cycle (45 min) ..... SP        8:35 POUND@ (45 min).....JE        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 Tabata Strength .....JE</p>	<p>15</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 ..... NJ</p>	<p>16</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 30 minute Thursday.....KG        6:35 Kettlebell AMPD @.....NG        7:30 Zumba@ .....NG</p>	<p>17 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>18</p> <p>Morning Classes        8:30 Power Yoga ..... JS        9:45 Buns &amp; Guns..... TB</p> <hr/> <p>19</p> <p>Afternoon Classes        2:15 Restorative Yoga ..... NJ</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>20</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>21</p> <p>5:35 Cycle (45 min) ..... SP</p> <p>8:35 POUND@ ..... JE</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 Tabata Strength .....JE</p>	<p>22</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 ..... JS</p>	<p>23 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 Super Charged Foods/Clean Eating @Cultural Center FREE! 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 30 minute Thursday ..... KG</p> <p>6:35 Kettlebell AMPD @ .....NG</p> <p>7:30 Zumba@ .....NG</p>	<p>24</p> <p>5:35 Kettlebell AMPD @..... AD/JE</p> <p>8:35 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 Lengthen &amp; Relaxation ..... JE</p> <p>12:00 Open Switching (30 min) No I</p> <p>5:45 Yoga ..... JS</p>	<p>25</p> <p>Morning Classes</p> <p>8:30 Power Yoga ..... JS</p> <p>9:45 Buns &amp; Guns ..... TB</p> <hr/> <p>26</p> <p>No Classes Today</p> <p>Have a safe Memorial Day weekend</p>
<p>27 Limited Schedule this week Memorial Day CLOSED Today</p> 	<p>28</p> <p>5:35 Cycle (45 min) ..... SP</p> <p>8:35 POUND@ .....JE</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 Tabata Strength .....JE</p>	<p>29</p> <p>5:35 Barre Boot Camp..... JE</p> <p>8:45 Tabata ..... 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@..... JE</p> <p>6:35 Yoga ..... JS</p>	<p>30</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>11:45 Chair Yoga ..... RC</p> <p>12:35 Tai Chi ..... TC</p> <p>4:30 Pilates with Props ..... JE</p> <p>6:00 30 minute Thursday ..... JE</p>	<p>31</p> <p>5:35 Interval Training Circuit ....AD</p> <p>8:35 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 ..... JS</p>	

⇒ Class descriptions available on-line [www.mauldinrecreation.com](http://www.mauldinrecreation.com) and at your Mauldin Sports Center front desk

⇒ Parent's Night Out May 17

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

⇒ Limited Schedule Memorial Day week

⇒ [Passport To Wellness](#): Seminar May 23



**FINAL**

**Questions? Please contact Fitness Director:**  
Jennifer Edwins  
[jedwins@mauldinrecreation.com](mailto:jedwins@mauldinrecreation.com)

**Instructor List:**

AD ..... Amanda  
AE ..... Ashley  
AR ..... Adabelle  
CB ..... Christy  
DM ..... Dianne  
JE ..... Jenn  
JS ..... Jenny S  
KG ..... Kayla  
LL ..... Liliana  
LP ..... Lori  
LB ..... Lina  
LE ..... Leah  
NG ..... Nina  
NJ ..... Nicole

**Instructor List:**

RC ..... Rebecca  
SP ..... Sara  
TB ..... Teri  
TK ..... Tami  
TW ..... Taryn  
\$\$ ..... Fee

Purple Classes are  
Silver Sneakers® and  
Senior approved  
Red classes are  
Included in track pass

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