




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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Sunday September 1 Afternoon Classes 2:15 Restorative Yoga JS</p> <hr/> <p>2 CLOSED HAPPY LABOR DAY</p> 	<p>3 5:35 Cycle SP 8:35 POUND@AE 9:45 Zumba@ LP 9:45 Interval Training Circuit AD 11:00 Silver Sneakers@ circuit- DM 12:00 Chair Yoga RC 6:00 Tabata (30 min) TB 6:45 Strength Training TB</p>	<p>4 5:35 Core Construction SP 9:00 Kettlebell AMPD @AD 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND@ KG 6:35 Yoga JS</p>	<p>5 5:35 Cardio Conditioning AD 8:35 POUND@ KG 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 6:00 30 minute Thursday.....KG 6:35 Kettlebell AMPD @NG 7:35 Zumba@NG</p>	<p>6 5:35 Kettlebell AMPD @AD 8:35 Core-LatesKG 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>7 Morning Classes 8:30 Power Yoga JS 9:45 Buns & Guns KG</p> <hr/> <p>8 Afternoon Classes 2:15 Restorative Yoga NJ</p>
<p>9 5:35 Interval Training (45 min) -- AD 8:35 Core-Lates AD 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 7:45 Zumba@LE</p>	<p>10 5:35 Cycle SP 8:35 POUND@KG 9:45 Zumba@ LP 9:45 Interval Training Circuit AD 11:00 Silver Sneakers@ circuit- DM 12:00 Chair Yoga RC 6:00 Tabata (30 min) AE 6:45 Kettlebell AMPD @ LP</p>	<p>11 Fall Schedule Begins 5:35 Buns & Guns SP 8:35 Kettlebell AMPD @AD 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND@ KG 6:35 Yoga On the Ball JS</p>	<p>12 5:35 All Ball Circuit AD 8:35 POUND@ KG 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 6:00 30 minute Thursday.....KG 6:45 Kettlebell AMPD @NG 7:45 Zumba@NG</p>	<p>13 5:35 Interval Training CircuitAD 8:35 Barre-Relaxation TW 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 5:15 Open Switching (30 min) No I 6:00 Yoga JS</p>	<p>14 Morning Classes 8:30 Power Yoga JS 9:45 TRX Circuit KG</p> <hr/> <p>15 Afternoon Classes 2:15 Restorative Yoga NJ</p>
<p>16 5:35 Interval Training (45 min) · AD 8:35 Core-lates AD 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 7:45 Zumba@ LE</p>	<p>17 5:35 Cycle SP 8:35 POUND@ (45 min)AE 9:45 Zumba@ LP 9:45 Interval Training Circuit AD 11:00 Silver Sneakers@ circuit- DM 12:00 Chair Yoga RC 6:00 Tabata (30 min) TB 6:45 Kickbox CircuitKG</p>	<p>18 5:35 Core Construction TW 8:35 Kettlebell AMPD @AD 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND@ KG 6:35 Yoga JS</p>	<p>19 5:35 Cardio Conditioning AD 8:35 POUND@ KG 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 6:00 30 minute Thursday.....KG 6:45 Strength Training.....KG 7:45 Zumba@LL</p>	<p>20 SOOIE 5:35 Kettlebell AMPD @AD 8:35 Barre-Relaxation TW 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 5:15 Open Switching (30 min) No I 6:00 Yoga JS</p>	<p>21 SOOIE Morning Classes 8:30 Power Yoga JS 9:45 Buns & Guns KG</p> <hr/> <p>22 Afternoon Classes 2:15 Restorative Yoga NJ</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
23 5:35 Interval Training (45 min) --AD 8:35 Core-lates AD 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 7:45 Zumba® LE	24 5:35 Cycle SP 8:35 POUND® AE 9:45 Zumba® LP 9:45 Interval Training Circuit ... AD 11:00 Silver Sneakers® circuit · DM 12:00 Chair Yoga RC 6:00 Tabata (30 min) TB 6:45 Strength Training KG	25 5:35 Buns & Guns..... TW 8:35 Kettlebell AMPD® AD 10:00 Yoga for Osteoporosis RC 12:00 Switching (30 min) DM 5:45 POUND® KG 6:35 Yoga JS	26 5:35 All Ball Circuit AD 8:35 POUND® KG 9:45 Zumba® LP 9:45 All Ball Sport Circ. AD 10:45 Silver Sneakers® circuit · DM 11:30 Passport to Wellness Seminar @ Mauldin Cultural Center FREE JE 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 30 minute Thursday KG 6:45 Kettlebell AMPD® NG 7:45 Zumba® NG	27 5:35 Interval Training Circuit AD 8:35 Barre-Relaxation..... TW 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 5:15 Open Switching (30 min) No I 6:00 Yoga On the Ball..... JS	28 Morning Classes 8:30 Power Yoga JS 9:45 Kickbox TRX Circuit..... KG ----- 29 Afternoon Classes 2:15 Restorative Yoga NJ
30 5:35 Interval Training (45 min) --AD 8:35 Core-lates AD 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 7:45 Zumba® LE					<ul style="list-style-type: none"> ◆ <u>Classes and Instructors are subject to change without notice</u> ◆ Fall Schedule begins this month ◆ New class AMPD Powerflow® begins in October! ◆ Check Facebook for the most up to date class schedule ◆ Check us out on Instagram & Facebook @mauldinsportscenter

⇒ [Class descriptions available on-line www.mauldinrecreation.com](http://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: FREE Community Seminar September 26, bring a friend! Sign Up 335-4855

⇒ Parent's Night Out September contact front desk 335-4855

⇒ NEW MONDAY 4:30PM AMPD Powerflow® begins October!

⇒ Tuesday/Thursday 4:30pm Pilates with PROPS will be back in October

⇒ Monday 8:35am Pilates with Props will be back in October



FINAL

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

Instructor List:

AD Amanda
 AE Ashley
 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
 SA Stephanie
 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