

Mauldin Sports Center Member Benefits

*Certified, educated Group Fitness Instructors

*Certified, educated Personal Trainers

*ALL staff are CPR certified

- FREE yearly fitness challenges
- FREE health/fitness/nutrition seminars offered monthly
- Discounted personal training (\$35/hr) and nutritional services (meal plans \$65)

FULL membership:

- FREE annual assessment with a personal trainer!
- FREE annual nutrition consultation
- FREE work out plan as needed
- FREE equipment orientation (By appointment)
- FREE family fitness class (required for children ages 11-14)
- Over **60+** group fitness classes scheduled per week!!!
- Access to rock wall (see brochure for rock wall hours)
- Access to locker rooms

Walkers Plus:

- Use of indoor Walking Track!
- Over **60+** group fitness classes to choose from!!!
- Access to locker rooms

Walking Track:

- Use of Indoor Walking Track!
- 10 group fitness classes **INCLUDED!**

Have children?

Family Membership - Fit Kids is FREE (potty-trained and up)

Non-family membership? Fit Kids is only \$5/child

Parents Night Out discount!! (ALL memberships)

Summer Camp discount!! (ALL memberships)