



Phone: 864-335-4856
 Web: mauldinrecreation.com
 Facebook: Mauldin Sports Center

Mauldin Sports Center August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Fit Kids is now open Monday-Friday 8:00am-12:00pm 3:30-6:30 Saturday 8:00-12:00pm	Class schedule is still limited. However, class times are back to normal				1 8:30 Power Yoga JS 9:45 Buns and Guns KG 10:45 Zumba NC <hr/> 2 <div style="text-align: center; font-weight: bold; font-size: 1.2em;">Closed on Sundays</div>
3 5:35 STEP strength AD 8:35 Core-Fusion AD 9:45 Zumba @ Toning LP 12:00 <u>Switching coming back soon!</u> 4:30 Cycle TB 5:45 Intervals KG	4 5:35 Cycle SP 8:35 POUND@ KG 9:45 Zumba @ LP 9:45 Interval Training AD 10:45 Silver Sneakers@ circuit - DM 1:00 Chair Yoga RC 5:00 Bootcamp JC/KG 6:00 Strength Training KG	5 5:35 Strength Training SP 8:35 Kettlebell AMPD @ AD 9:45 STEP strength AD 11:00 Yoga TB 12:00 <u>Switching coming back soon!</u> 5:45 POUND@ KG	6 5:35 All ball intervals AD 8:35 POUND@ ES 9:45 Zumba @ LP 9:45 All ball Intervals AD 10:45 Silver Sneakers@ circuit - DM 6:00 30 minute Thursday KG	7 5:35 Core—Fusion AD 8:35 Piloxing@ AD 9:45 Yoga JS 10:55 Senior Yoga NJ 5:45 Yoga JS	8 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba LP <hr/> 9 <div style="text-align: center; font-weight: bold; font-size: 1.2em;">Closed on Sundays</div>
10 5:35 Kettlebell AMPD @ AD 8:35 Core-Fusion AD 9:45 Zumba @ Toning LP 12:00 <u>Switching coming back soon!</u> 4:30 Cycle TB 5:45 Intervals KG	11 5:35 Cycle/HIIT KG 8:35 POUND@ AE 9:45 Zumba @ LP 9:45 Interval Training AD 10:45 Silver Sneakers@ circuit - DM 1:00 Chair Yoga RC 5:00 Bootcamp JC/KG 6:00 Strength Training KG	12 5:35 Step Strength and Cardio ...AD 8:35 Kettlebell AMPD @ AD 9:45 STEP strength AD 11:00 Yoga TB 12:00 <u>Switching coming back soon!</u> 5:45 POUND@ KG	13 5:35 Cardio Conditioning AD 8:35 POUND@ ES 9:45 Zumba @ LP 9:45 Cardio Conditioning AD 10:45 Silver Sneakers@ circuit - DM 6:00 30 minute Thursday KG	14 5:35 Core—Fusion AD 8:35 Barre Relaxation TW 9:45 Yoga AE 10:55 NO CLASS TODAY 5:45 NO CLASS TODAY	15 8:30 Power Yoga JS 9:45 Butts ad Gutts KG 10:45 Zumba NC <hr/> 16 <div style="text-align: center; font-weight: bold; font-size: 1.2em;">Closed on Sundays</div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 STEP strengthAD 8:35 Core-Fusion..... AD 9:45 Zumba @ Toning LP 12:00 <u>Switching coming back soon!</u> 4:30 No Class Today 5:45 IntervalsKG	18 5:35 Cycle SP 8:35 POUND@AE 9:45 Zumba @ LE 9:45 Interval Training AD 10:45 Silver Sneakers@ circuit· DM 1:00 Chair Yoga RC 5:00 Bootcamp JC 6:00 YogaJS	19 5:35 Strength Training..... SP 8:35 Kettlebell AMPD @.....AD 9:45 STEP strengthAD 11:00 No Class Today 12:00 <u>Switching coming back soon!</u> 5:45 POUND@..... KG	20 5:35 All ball intervals AD 8:35 POUND@ES 9:45 Zumba @ LE 9:45 Cardio Conditioning AD 10.45 Silver Sneakers@ circuit· DM 6:00 30 minute ThursdayKG	21 5:35 Core—Fusion.....AD 8:35 Piloxing@AD 9:45 Yoga..... AE 10:55 Senior Yoga NJ 5:45 Yoga JS	22 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba..... NC <hr/> 23 <p style="text-align: center;">Closed on Sundays</p>
24 5:35 POUND@ KG 8:35 30 minute core KG 9:45 Zumba @ Toning LP 12:00 <u>Switching coming back soon!</u> 4:30 Cycle TB 5:45 IntervalsKG	25 5:35 Cycle/HIIT KG 8:35 POUND@AE 9:45 Zumba @ LP 9:45 Interval Training JC/MC 10:45 Silver Sneakers@ circuit· DM 1:00 Chair Yoga RC 5:00 Bootcamp JC 6:00 YogaJS	26 5:35 Power Yoga JS 8:35 Strength TrainingTB 9:45 No Class Today 11:00 Yoga TB 12:00 <u>Switching coming back soon!</u> 5:45 POUND@..... KG	27 5:35 Strength Intervals..... KG 8:35 POUND@ES 9:45 Zumba @ LP 9:45 Interval Training JC/MC 10.45 Silver Sneakers@ circuit· DM 6:00 30 minute ThursdayKG	28 5:35 Buns and Guns..... KG 8:35 Cycle.....TB 9:45 Yoga..... AE 10:55 Senior Yoga NJ 5:45 Yoga JS	29 8:30 Power Yoga JS 9:45 Buns and Guns KG 10:45 Zumba..... NC <hr/> 30 <p style="text-align: center;">Closed on Sundays</p>

⇒ Class descriptions available on-line
www.mauldinrecreation.com
 and at your Mauldin Sports Center front desk

⇒ Fit Kids is



open!

⇒ Class schedule is limited; however, class times are back to normal

⇒ Look for new classes such as:
 STEP strength Wednesday's at 9:45am
 Cycle HIIT some Tuesday's 5:35am
 BOOT CAMP Tuesday at 5:00pm with

Josh

Yoga on Tuesday's at 6:00pm starting August 18th
 Yoga on Wednesday's switched to

11:00am

Questions? Please contact
 Amanda Duffie
aduffie@mauldinrecreation.com
 or 864-335-4858

Instructor List:

AD Amanda
 AE Ashley
 DM Dianne
 ES Emaleigh
 JC Josh
 JS Jenny S
 KG Kayla
 LL Liliana
 LP Lori
 LB Lina
 LE Leah
 NC Nikki
 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**