



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

Mauldin Sports Center September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
31 5:35 Kettlebell AMPD @ AD 8:35 Barre Tone AD 9:45 Zumba @ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 All ball circuit KG	1 5:35 Cycle SP 8:35 RIPPED@ AD 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 Yoga JS	2 5:35 Strength Training SP 8:35 Kettlebell AMPD @ AD 9:45 STEP cardio AD 11:00 Yoga TB 12:00 Switching DM 5:45 POUND@ KG	3 5:35 Boot Camp AD 8:35 POUND@ ES 9:45 Zumba @ LE 9:45 Bosu Blast AD 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox Circuit KG 6:00 30 minute Thursday KG	4 5:35 Core—Fusion AD 8:35 Piloxing@ AD 9:45 Yoga JS 10:55 Senior Yoga NJ 5:45 Yoga JS	5 8:30 Power Yoga JS 9:45 Buns and Guns KG 10:45 Zumba NC <hr/> 6 <p style="text-align: center;">Closed on Sundays</p>
7 <p style="text-align: center;">CLOSED— LABOR DAY</p>	8 5:35 Cycle SP 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 6:00 Yoga JS	9 5:35 Strength Training SP 8:35 Kettlebell AMPD @ AD 9:45 STEP cardio AD 11:00 Yoga TB 12:00 Switching DM 5:45 POUND@ KG	10 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 5:00 Kickbox Circuit KG 6:00 30 minute Thursday KG	11 8:35 Barre Tone AD 8:35 RIPPED@ AD 9:45 Yoga AE 10:55 Senior Yoga NJ 5:45 Yoga JS	12 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba NC <hr/> 13 <p style="text-align: center;">Closed on Sundays</p>
14 5:35 Kettlebell AMPD @ AD 8:35 Barre Tone AD 9:45 Zumba @ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 All ball circuit KG	15 5:35 Cycle SP 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 6:00 Yoga JS	16 5:35 Strength Training SP 8:35 Kettlebell AMPD @ AD 9:45 STEP cardio AD 11:00 Yoga TB 12:00 Switching DM 5:45 POUND@ KG	17 5:35 Cardio Conditioning AD 8:35 POUND@ ES 9:45 Zumba @ LP 9:45 Cardio Conditioning AD 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox Circuit KG 6:00 30 minute Thursday KG	18 5:35 Core—Fusion AD 8:35 Piloxing@ AD 9:45 Yoga AE 10:55 Senior Yoga NJ 5:45 Yoga JS	19 8:30 Power Yoga JS 9:45 Butts and Guts KG 10:45 Zumba NC <hr/> 20 <p style="text-align: center;">Closed on Sundays</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
21 5:35 STEP strengthAD 8:35 Core-Fusion..... AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 IntervalsKG	22 5:35 Cycle SP 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 6:00 YogaJS	23 5:35 Strength Training..... SP 8:35 Kettlebell AMPD @.....AD 9:45 STEP cardioAD 11:00 Yoga TB 12:00 Switching DM 5:45 POUND@..... KG	24 5:35 Boot Camp AD 8:35 POUND@ES 9:45 Zumba @ LE 9:45 Bosu Blast AD 10:45 Silver Sneakers@ circuit· DM 6:00 30 minute ThursdayKG	25 8:35 Barre Tone..... AD 8:35 RIPPED@ AD 9:45 Yoga..... AE 10:55 Senior Yoga NJ 5:45 Yoga JS	26 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba..... NC <hr/> 27 <p style="text-align: center;">Closed on Sundays</p>
28 5:35 Kettlebell AMPD @.....AD 8:35 Barre Tone..... AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 All ball circuit.....KG	29 5:35 Cycle SP 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 6:00 YogaJS	30 5:35 Strength Training..... SP 8:35 Kettlebell AMPD @.....AD 9:45 STEP cardioAD 11:00 Yoga TB 12:00 Switching DM 5:45 POUND@..... KG	1 5:35 All ball intervals AD 8:35 POUND@ES 9:45 Zumba @ LP 9:45 All ball IntervalsAD 10:45 Silver Sneakers@ circuit· DM 5:00 Kickbox CircuitKG 6:00 30 minute ThursdayKG	2 5:35 Core—Fusion.....AD 8:35 RIPPED@ AD 9:45 Yoga..... AE 10:55 Senior Yoga NJ 5:45 Yoga JS	3 8:30 Power Yoga JS 9:45 Buns and Guns KG 10:45 Zumba..... NC <hr/> 4 <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



WHAT IS STRONG NATION?

⇒ STRONG Nation™ combines **body weight, muscle conditioning, cardio** and **plyometric training** moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more.

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**