



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

Mauldin Sports Center October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>What's new: Monday at 4:30pm- STRONG with Lori</p> <p style="color: orange; text-align: center;">ALL NEW CYCLE CLASSES WITH LIZA MONDAY'S AT 9:45AM AND WEDNESDAY'S AT 4:30PM</p>	<p>What's new: Strength Intervals Wednesday's at 9:45am with Miranda</p>		<p>1 5:35 Intervals AD 8:35 POUND@ES 9:45 Zumba@ LP 9:45 Bosu BlastAD 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG</p>	<p>2 5:35 Core—FusionAD 8:35 Piloxing@AD 9:45 Yoga AE 10:55 Senior Yoga NJ 5:45 Yoga JS</p>	<p>3 8:30 Power Yoga JS 9:45 Buns and Guns KG 10:45 Zumba NC</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Closed on Sundays</p>
<p>5 5:35 STEP cardio AD 8:35 Core-Fusion AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 IntervalsKG</p>	<p>6 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 BootcampJC 6:00 YogaJS</p>	<p>7 5:35 Strength Training..... AD 8:35 Kettlebell AMPD @AD 9:45 Strength Intervals.....MC 11:00 Yoga TB 12:00 Switching DM 4:30 CYCLE LN 5:45 POUND@ KG</p>	<p>8 5:35 Cardio Conditioning 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 Thursday.....KG</p>	<p>9 5:35 Barre Tone AD 8:35 RIPPED@ AD 9:45 Yoga AE 10:55 Senior Yoga NJ 5:45 Yoga JS</p>	<p>10 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba NC</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Closed on Sundays</p>
<p>12 5:35 Kettlebell AMPD @ AD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 All ball circuitKG</p>	<p>13 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 BootcampJC 6:00 YogaJS</p>	<p>14 5:35 Strength Training..... AD 8:35 Kettlebell AMPD @AD 9:45 Strength Intervals.....MC 11:00 Yoga TB 12:00 Switching DM 4:30 CYCLE LN 5:45 POUND@ KG</p>	<p>15 5:35 Boot Camp AD 8:35 POUND@ES 9:45 Zumba@ LP 9:45 Cardio Conditioning AD 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG</p>	<p>16 5:35 Core—FusionAD 8:35 Piloxing@AD 9:45 Yoga AE 10:55 Senior Yoga JS 5:45 Yoga JS</p>	<p>17 8:30 Power Yoga JS 9:45 Butts and Gutts KG 10:45 Zumba NC</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Closed on Sundays</p>
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19 5:35 STEP CardioAD 8:35 Core-Fusion..... AD 9:45 CYCLE LN 9:45 Zumba @ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 IntervalsKG	20 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	21 5:35 Strength Training..... AD 8:35 Kettlebell AMPD @.....AD 9:45 Strength Intervals MC 11:00 Yoga TB 12:00 Switching DM 4:30 CYCLE LN 5:45 POUND@..... KG	22 5:35 All Ball Intervals AD 8:35 POUND@ES 9:45 Zumba @ LP 9:45 Bosu Blast AD 10.45 Silver Sneakers@ circuit· DM 5:00 Kickbox CircuitKG 6:00 30 minute Thursday KG	23 5:35 Barre Tone..... AD 8:35 RIPPED@ AD 9:45 Strength TrainingMC 10:55 Senior Yoga NJ 5:45 Yoga JS	24 8:30 Power Yoga JS 9:45 Strength Intervals KG 10:45 Zumba..... NC <hr/> 25 <h2 style="text-align: center;">Closed on Sundays</h2>
26 5:35 Kettlebell AMPD @.....AD 8:35 Barre Tone..... AD 9:45 CYCLE LN 9:45 Zumba @ Toning LP 12:00 Switching DM 4:30 STRONG nation @ LP 5:45 All ball circuit..... KG	27 5:35 Cycle SP 8:35 Piloxing@ AD 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	28 5:35 Strength Training..... AD 8:35 Kettlebell AMPD @.....AD 9:45 Strength Intervals MC 11:00 Yoga TB 12:00 Switching DM 4:30 CYCLE LN 5:45 POUND@..... KG	29 5:35 Boot Camp..... 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	30 5:35 Core—Fusion.....AD 8:35 RIPPED@ AD 9:45 Strength TrainingMC 10:55 Senior Yoga NJ 5:45 Yoga JS	31 8:30 Power Yoga JS 9:45 Buns and Guns SP 10:45 Zumba..... NC <hr/> <h2 style="text-align: center;">Closed on Sundays</h2>

⇒ **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
 MC Miranda
 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**