



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

Mauldin Sports Center December 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Please note limited holiday schedule for this month</p> <p>12 days of Fitness Begins December 1st</p>	<p>1</p> <p>5:35 Cycle SP</p> <p>8:35 POUND@ KL</p> <p>9:45 Zumba@ LP</p> <p>9:45 Interval Training AD</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>1:00 Chair Yoga RC</p> <p>5:00 Bootcamp JC</p> <p>6:00 Yoga JS</p>	<p>2</p> <p>5:35 RIPPED@ AD</p> <p>8:35 Kettlebell AMPD @ AD</p> <p>9:45 Step Intervals AD</p> <p>11:00 Yoga TB</p> <p>12:00 Class back in the new year</p> <p>5:00 CYCLE LN</p> <p>6:00 POUND@ KG</p> <p>Cycle is now at 5:00pm and POUND at 6:00pm</p>	<p>3</p> <p>5:35 Intervals AD</p> <p>8:35 POUND@ ES</p> <p>9:45 Zumba@ LP</p> <p>9:45 Class back in the new year</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>5:00 Kickbox Circuit KG</p> <p>6:00 30 minute Thursday KG</p>	<p>4</p> <p>5:35 Core—Fusion AD</p> <p>8:35 RIPPED@ AD</p> <p>9:45 Butts and Gutts AD</p> <p>10:55 Senior Yoga NJ</p> <p>5:45 Class back in the new year</p>	<p>5</p> <p>8:30 Power Yoga JS</p> <p>9:45 Buns and Guns KG</p> <p>10:45 POUND@ KL</p> <hr/> <p>6</p> <p>Closed on Sundays</p>
	<p>7</p> <p>5:35 Kettlebell AMPD @ AD</p> <p>8:35 Barre Tone AD</p> <p>9:45 CYCLE LN</p> <p>9:45 Zumba@ Toning LP</p> <p>12:00 Class back in the new year</p> <p>5:00 STRONG nation @ LP</p> <p>6:00 All ball circuit KG</p> <p>Strong Nation now at 5:00pm, All ball/Intervals at 6:00pm</p>	<p>8</p> <p>5:35 Cycle SP</p> <p>8:35 POUND@ KL</p> <p>9:45 Zumba@ LP</p> <p>9:45 Interval Training AD</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>1:00 Chair Yoga RC</p> <p>5:00 Bootcamp JC</p> <p>6:00 Yoga JS</p>	<p>9</p> <p>5:35 Strength Training AD</p> <p>8:35 Kettlebell AMPD @ AD</p> <p>9:45 Strength Intervals MC</p> <p>11:00 Yoga TB</p> <p>12:00 Class back in the new year</p> <p>5:00 CYCLE LN</p> <p>6:00 POUND@ KG</p> <p>Cycle is now at 5:00pm POUND at 6:00pm</p>	<p>10</p> <p>5:35 Cardio Conditioning AD</p> <p>8:35 POUND@ ES</p> <p>9:45 Zumba@ LP</p> <p>9:45 Class back in the new year</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>5:00 Kickbox Circuit KG</p> <p>6:00 30 minute Thursday KG</p>	<p>11</p> <p>5:35 Barre Tone AD</p> <p>8:35 Piloxing@ AD</p> <p>9:45 Buns and Guns MC</p> <p>10:55 Senior Yoga NJ</p> <p>No afternoon classes in group fitness room :) Room is being used for Basketball photos</p>
<p>14</p> <p>5:35 STEP Cardio AD</p> <p>8:35 Core-Fusion AD</p> <p>9:45 CYCLE LN</p> <p>9:45 Zumba@ Toning LP</p> <p>12:00 Class back in the new year</p> <p>4:30 STRONG nation @ LP</p> <p>5:45 Intervals KG</p> <p>Strong Nation now at 5:00pm, All ball/Intervals at 6:00pm</p>	<p>15</p> <p>5:35 Cycle SP</p> <p>8:35 POUND@ KL</p> <p>9:45 Zumba@ LP</p> <p>9:45 Interval Training AD</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>1:00 Chair Yoga RC</p> <p>5:00 Bootcamp JC</p> <p>6:00 Yoga JS</p>	<p>16</p> <p>5:35 RIPPED@ AD</p> <p>8:35 Kettlebell AMPD @ AD</p> <p>9:45 Strength Intervals MC</p> <p>11:00 Yoga TB</p> <p>12:00 Class back in the new year</p> <p>5:00 CYCLE LN</p> <p>6:00 POUND@ KG</p> <p>Cycle is now at 5:00pm POUND at 6:00pm</p>	<p>17</p> <p>5:35 Intervals AD</p> <p>8:35 POUND@ ES</p> <p>9:45 Zumba@ LP</p> <p>9:45 Class back in the new year</p> <p>10:45 Silver Sneakers@ circuit- DM</p> <p>5:00 Kickbox Circuit KG</p> <p>6:00 30 minute Thursday KG</p>	<p>18</p> <p>5:35 Core—Fusion AD</p> <p>8:35 Barre Boot Camp TW</p> <p>9:45 Butts and Gutts MC</p> <p>10:55 Senior Yoga NJ</p> <p>5:45 Class back in the new year</p>	<p>19</p> <p>8:35 RIPPED@ AD</p> <p>9:45 Butts and Gutts KG</p> <p>10:45 POUND@ KL</p> <hr/> <p>20</p> <p>Closed on Sundays</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>21</p> <p>5:35 Kettlebell AMPD@.....AD</p> <p>8:35 Barre Tone.....AD</p> <p>9:45 CYCLE.....LN</p> <p>9:45 Zumba@ Toning.....LP</p> <p>12:00 Class back in the new year</p> <p>5:00 STRONG nation@.....LP</p> <p>6:00 All ball circuit.....KG</p>	<p>22</p> <p>5:35 Cycle.....SP</p> <p>8:35 POUND@.....KL</p> <p>9:45 Zumba@.....LP</p> <p>9:45 Interval Training.....AD</p> <p>10:45 Silver Sneakers@ circuit·DM</p> <p>1:00 Chair Yoga.....RC</p> <p>5:00 Bootcamp.....JC</p> <p>6:00 Yoga.....JS</p>	<p>23</p> <p>5:35 Strength Training.....AD</p> <p>8:35 Kettlebell AMPD@.....AD</p> <p>9:45 Butts and Gutts.....KG</p> <p>11:00 Yoga.....TB</p> <p>12:00 Class back in the new year</p> <p>5:00 CYCLE.....LN</p> <p>6:00 POUND@.....KG</p> <p>Cycle is now at 5:00pm and POUND at 6:00pm</p>	<p>24 Hours 5:30am-12:00pm</p> <p>5:35 Cardio Conditioning.....AD</p> <p>8:35 POUND@.....KG</p>	<p>25</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>26</p> <p>8:30 Power Yoga.....JS</p> <p>9:45 Strength Intervals.....KG</p> <p>10:45 Boot Camp.....SP</p> <hr/> <p>27</p> <p>Closed on Sundays</p>
<p>28</p> <p>5:35 STEP Cardio.....AD</p> <p>8:35 Core-Fusion.....AD</p> <p>9:45 CYCLE.....LN</p> <p>9:45 Zumba@ Toning.....LP</p> <p>12:00 Class back in the new year</p> <p>5:00 STRONG nation@.....LP</p> <p>6:00 Intervals.....KG</p>	<p>29</p> <p>5:35 Cycle.....LN</p> <p>8:35 POUND@.....KL</p> <p>9:45 Zumba@.....LP</p> <p>9:45 Interval Training.....KG</p> <p>10:45 Silver Sneakers@ circuit·DM</p> <p>1:00 Chair Yoga.....RC</p> <p>5:00 Bootcamp.....JC</p> <p>6:00 Yoga.....JS</p>	<p>30</p> <p>5:35 RIPPED@.....AD</p> <p>8:35 Kettlebell AMPD@.....AD</p> <p>9:45 Buns and Guns.....KG</p> <p>11:00 Yoga.....TB</p> <p>12:00 Class back in the new year</p> <p>5:00 CYCLE.....LN</p> <p>6:00 POUND@.....KG</p> <p>Cycle is now at 5:00pm and POUND at 6:00pm</p>	<p>31 Hours 5:30am-2:00pm</p> <p>5:35 Intervals.....KG</p> <p>8:35 POUND@.....ES</p>	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	

Connect with the Mauldin Sports Center:

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Parents night out is back:
Friday December 18th, 2020 6:00-10:00pm

For more information contact
Brianna Collins:
bcollins@Mauldinrecreation.com

Please note limited Holiday schedule for this month

Now offering POUND every other Saturday at
10:45am with Kacey Or Boot Camp with Sara

All 4:30 classes now begin at 5:00pm
All 5:45pm classes begin at 6:00pm

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

Instructor List:	Instructor List:
AD.....Amanda	NJ.....Nicole
AE.....Ashley	RC.....Rebecca
DM.....Dianne	SP.....Sara
ES.....Emaleigh	TB.....Teri
JC.....Josh	TW.....Taryn
JS.....Jenny S	\$\$.....Fee
KL.....Kacey	Purple Classes are
KG.....Kayla	Silver Sneakers @ and
LL.....Liliana	Senior approved
LP.....Lori	Red classes are
LN.....Liza	Included in track pass
LE.....Leah	
MC.....Miranda	
NC.....Nikki	
NG.....Nina	