





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

# Mauldin Sports Center November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>2</p> <p>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 Intervals .....KG</p>	<p>3</p> <p>5:35 Cycle ..... SP            8:35 POUND@ ..... KL            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</p> <p>9:45am-Zumba Upstairs today            9:45am-Intervals at Rockwall</p>	<p>4</p> <p>5:35 RIPPED@ ..... 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>5</p> <p>5:35 Intervals ..... AD            8:35 POUND@ .....ES            9:45 Zumba@ ..... LP            9:45 Bosu Blast .....AD            10:45 Silver Sneakers@ circuit- DM            5:00 Kickbox Circuit .....KG            6:00 30 minute Thursday.....KG</p> <p>9:45am-Zumba Upstairs today            9:45am-Intervals at Rockwall</p>	<p>6</p> <p>5:35 Core—Fusion .....AD            8:35 RIPPED@ ..... AD            9:45 Butts and Gutts ..... MC            10:55 Senior Yoga ..... NJ            5:45 Yoga ..... TB</p>	<p>7</p> <p>8:30 CYCLE ..... LN            9:45 Buns and Guns ..... KG            10:45 Zumba ..... NC</p> <hr/> <p>8</p> <p><b>Closed on Sundays</b></p>
<p>9</p> <p>5:35 Kettlebell AMPD @ ..... AD            8:35 Barre Tone .....AD            9:45 CYCLE ..... LN            9:45 No Class Today            12:00 Switching ..... DM            4:30 STRONG nation @ ..... LP            5:45 All ball circuit .....KG</p>	<p>10</p> <p>5:35 Cycle ..... SP            8:35 POUND@ ..... KL            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</p>	<p>11</p> <p>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>12</p> <p>5:35 Cardio Conditioning ..... 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</p>	<p>13</p> <p>5:35 Barre Tone ..... AD            8:35 Piloxing@ .....AD            9:45 Buns and Guns ..... MC            10:55 Senior Yoga ..... NJ            5:45 Yoga ..... JS</p>	<p>14</p> <p>8:30 Power Yoga ..... JS            9:45 Strength Intervals ..... SP            10:45 Zumba ..... NC</p> <hr/> <p>15</p> <p><b>Closed on Sundays</b></p>
<p>16</p> <p>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 Intervals .....KG</p>	<p>17</p> <p>5:35 Cycle ..... SP            8:35 POUND@ ..... KL            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</p>	<p>18</p> <p>5:35 RIPPED@ ..... 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>19</p> <p>5:35 Intervals ..... 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</p>	<p>20</p> <p>5:35 Core—Fusion .....AD            8:35 RIPPED@ ..... AD            9:45 Butts and Gutts ..... MC            10:55 Senior Yoga ..... NJ            5:45 Yoga ..... JS</p>	<p>21</p> <p>8:30 Power Yoga ..... JS            9:45 Butts and Gutts ..... KG            10:45 Zumba ..... NC</p> <hr/> <p>22</p> <p><b>Closed on Sundays</b></p>

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23 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	24 5:35 Cycle.....SP 8:35 POUND@ .....KL 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	25 5:35 Strength Training.....AD 8:35 Kettlebell AMPD @.....AD 9:45 Strength Intervals.....MC 11:00 Yoga.....TB 12:00 Switching.....DM  Limited Holiday Schedule Hours 5:30am-5:00pm	26  Closed We are Thankful for YOU  	27 5:35 Mash-up.....AD 8:35 Boot Camp.....MC  Limited Holiday Schedule Hours 5:30am-5:00pm	28 8:30 Power Yoga.....JS 9:45 Strength Intervals.....KG  <hr/> 28 Closed on Sundays
30 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 Intervals.....KG					

Connect with the Mauldin Sports Center:

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Parents night out is back:

Friday November 20th, 2020 6:00-10:00pm

Friday December 11th, 2020 6:00-10:00pm

For more information contact Brianna Collins:  
[bcollins@Mauldinrecreation.com](mailto:bcollins@Mauldinrecreation.com)



**Questions? Please contact**  
 Amanda Duffie  
[aduffie@mauldinrecreation.com](mailto: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  
 LN ..... Liza  
 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**