



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

Final

Mauldin Sports Center January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Survival of the Fittest begins January 11th– March 7th!	New Evening Fit Kids Hours: Monday-Thursday– 4:00-8:00pm Friday’s– 3:30-7:30pm			CLOSED HAPPY NEW YEAR	Closed on Sundays
4 5:35 Kettlebell AMPD@..... AD 8:35 Barre Tone..... AD 9:45 CYCLE..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 BOOTCAMP..... MC 6:00 All ball circuit.....KG 7:00 Yoga..... JS	5 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 Intervals.....JC 6:00 Strength Training.....KG 7:00 Zumba..... NC	6 5:35 Strength Training..... AD 8:35 Kettlebell AMPD @.....AD 9:45 Buns and Guns..... MC 11:00 Yoga..... TB 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 POUND@..... KG 7:00 Yoga on the ball..... JS	7 5:35 Cardio Conditioning..... AD 8:35 POUND@.....ES 9:45 Zumba@..... LP 9:45 All ball sport..... AD 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox Circuit.....KG 6:00 30 minute Thursday.....KG	8 5:35 Barre Tone..... AD 8:35 RIPPED@..... AD 10:00 Plus size Yoga..... AM 11:00 Senior Yoga..... NJ 5:45 Yoga..... JS * Plus size yoga is for all shapes and sizes. You do NOT have to be over weight to enjoy these slow gentle movements	9 8:30 Power Yoga..... JS 9:45 Buns and Guns..... KG 10:45 Zumba..... NC <hr/> 10 Closed on Sundays
11 5:35 STEP Cardio..... AD 8:35 Core-Fusion..... AD 9:45 CYCLE..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 BOOTCAMP..... MC 6:00 Intervals.....KG 7:00 Yoga..... JS	12 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 Intervals.....JC 6:00 Strength Training.....KG 7:00 Zumba..... NC	13 5:35 RIPPED@..... AD 8:35 Kettlebell AMPD @.....AD 9:45 Butts and Gutts..... MC 11:00 Yoga..... TB 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 POUND@..... KG 7:00 Yoga..... JS	14 5:35 Intervals..... AD 8:35 POUND@.....ES 9:45 Zumba@..... LP 9:45 All ball sport..... MC 10:45 Silver Sneakers@ circuit- DM 5:00 Kickbox Circuit.....KG 6:00 30 minute Thursday.....KG	15 5:35 Core—Fusion.....AD 8:35 RIPPED@..... AD 10:00 Plus size Yoga..... AM 11:00 Senior Yoga..... NJ 5:45 Yoga..... JS <hr/> 17 Closed on Sundays	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>18</p> <p>5:35 Kettlebell AMPD@.....AD</p> <p>8:35 Barre Tone.....AD</p> <p>9:45 No class today.....</p> <p>9:45 Zumba@ Toning.....LP</p> <p>12:00 Switching.....DM</p> <p>5:00 BOOTCAMP.....MC</p> <p>6:00 All ball circuit.....KG</p> <p>7:00 Yoga.....JS</p>	<p>19</p> <p>5:35 Cycle.....SP</p> <p>8:35 Piloxing@.....AD</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 Intervals.....JC</p> <p>6:00 Strength Training.....KG</p> <p>7:00 Zumba.....NC</p>	<p>20</p> <p>5:35 Strength Training.....AD</p> <p>8:35 Kettlebell AMPD@.....AD</p> <p>9:45 Buns and Guns.....MC</p> <p>11:00 Yoga.....TB</p> <p>12:00 Switching.....DM</p> <p>5:00 CYCLE.....LN</p> <p>6:00 POUND@.....KG</p> <p>7:00 Yoga on the ball.....JS</p>	<p>21</p> <p>5:35 Cardio Conditioning.....AD</p> <p>8:35 POUND@.....ES</p> <p>9:45 Zumba@.....LP</p> <p>9:45 All ball sport.....AD</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>22</p> <p>5:35 Barre Tone.....AD</p> <p>8:35 RIPPED@.....AD</p> <p>10:00 Plus size Yoga.....AM</p> <p>11:00 Senior Yoga.....NJ</p> <p>5:45 Yoga.....JS</p> <p>* 8:35am,10:00am,and 11:00am classes will be held in the gymnasium/ stretching room this day due to CPR training</p>	<p>23</p> <p>8:30 Power Yoga.....JS</p> <p>Stretching room</p> <p>9:45 Survival of the Fittest .. KG/AD</p> <p>Track/rockwall</p> <p>10:45 Zumba.....NC</p> <hr/> <p>24</p> <p>Closed on Sundays</p>
<p>25</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 Switching.....DM</p> <p>5:00 BOOTCAMP.....MC</p> <p>6:00 Intervals.....KG</p> <p>7:00 Yoga.....JS</p>	<p>26</p> <p>5:35 Cycle.....SP</p> <p>8:35 Piloxing@.....AD</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 Intervals.....JC</p> <p>6:00 Strength Training.....KG</p> <p>7:00 Zumba.....NC</p>	<p>27</p> <p>5:35 RIPPED@.....AD</p> <p>8:35 Kettlebell AMPD@.....AD</p> <p>9:45 Butts and Gutts.....MC</p> <p>11:00 Yoga.....TB</p> <p>12:00 Switching.....DM</p> <p>5:00 CYCLE.....LN</p> <p>6:00 POUND@.....KG</p> <p>7:00 Yoga.....JS</p>	<p>28</p> <p>5:35 Intervals.....AD</p> <p>8:35 POUND@.....ES</p> <p>9:45 Zumba@.....LP</p> <p>9:45 All ball sport.....MC</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>29</p> <p>5:35 Core—Fusion.....AD</p> <p>8:35 RIPPED@.....AD</p> <p>10:00 Plus size Yoga.....AM</p> <p>11:00 Senior Yoga.....NJ</p> <p>5:45 Yoga.....JS</p>	<p>30</p> <p>8:30 Power Yoga.....JS</p> <p>9:45 Survival of the Fittest .. KG/AD</p> <p>10:45 Zumba.....LE</p> <hr/> <p>31</p>

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What's new this month?

- * MSC is now open until 8:30pm Monday –Thursday!
- * 7:00pm -Yoga is back Monday and Wednesday's with Jenny
- * 5:00pm -Bootcamp with Miranda on Monday's
- * 6:00pm - Strength Training back on Tuesday's with Kayla
- * 10:00 am -All New plus size yoga on Friday's with Adina

New Evening Fit Kids Hours:
Monday-Thursday– 4:00-8:00pm
Friday's– 3:30-7:30pm

**Survival of the
Fittest begins**
January 11th– March 7th!

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

Instructor List:

AD Amanda
AM Adina
DM Dianne
ES Emaleigh
JC Josh
JS Jenny S
KL Kacey
KG Kayla
LL Liliana
LP Lori
LN Liza
LE Leah
MC Miranda
NC Nikki
NG Nina

Instructor List:

NJ Nicole
RC Rebecca
SP Sara
TB Teri
TW Taryn
\$\$ Fee
Purple Classes are
Silver Sneakers @and
Senior approved