



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

# Mauldin Sports Center July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><b>Hours of operation:</b>  <b>Monday-Thursday-</b>  <b>5:30am-8:30pm</b>  <b>Friday-5:30am-7:30pm</b>  <b>Saturday-7:30am-2:00pm</b>  <b>Sunday-1:00pm-4:00pm</b></p>			<p>1            5:35 Boot Camp ..... AD            8:35 POUND@ .....ES            9:45 Zumba@ ..... LP            9:45 Step Cardio ..... AD            10:45 Silver Sneakers@ circuitDM            12:00 Chair Yoga ..... JS            5:00 Kickbox Circuit .....KG            6:00 30 minute Thursday.....KG</p>	<p>2            5:35 Mash-up ..... AD            8:35 No Class Today            10:00 HIGH FITNESS ..... KP            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p>	<p>3            8:30 Power Yoga ..... JS            9:45 Buns and Guns ..... KG            10:45 No class today</p> <hr/> <p>4  <b>Closed-Happy            July 4th</b></p>
<p>5 Open regular hours- today            5:35 Piloxing@ ..... AD            8:35 Barre Tone Core Fusion .... AD            9:45 CYCLE ..... LN            9:45 Zumba@ Toning..... LP            12:00 Switching ..... DM            5:30 BOOTCAMP ..... MC            6:00 Intervals.....KG            7:00 Yoga ..... JS</p>	<p>6            5:35 Cycle ..... AD            8:35 Piloxing@ ..... AD            9:45 Zumba@ ..... LP            9:45 Interval Training ..... AD            10:45 Silver Sneakers@ circuitDM            12:00 Chair Yoga ..... RC            6:00 Strength Training.....KG            7:00 No class tonight</p>	<p>7            5:35 Body Bar Combat/Strength· AD            8:35 Kettlebell AMPD @ .....AD            9:45 Buns and Guns ..... MC            12:00 Switching..... DM            5:00 CYCLE ..... LN            6:15 HIGH FITNESS ..... KP            7:00 Yoga ..... JS</p>	<p>8            5:35 Cardio Conditioning..... AD            8:35 POUND@ .....ES            9:45 Zumba@ ..... LP            9:45 Step Cardio ..... AD            10:45 Silver Sneakers@ circuitDM            12:00 Chair Yoga ..... TB            5:00 Kickbox Circuit .....KG            6:00 30 minute Thursday.....KG</p>	<p>9            5:35 Buns and Guns ..... AD            8:35 RIPPED@ ..... AD            10:00 HIGH FITNESS ..... KP            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p>	<p>10            8:30 Power Yoga ..... JS            9:45 HIGH FITNESS ..... KP            10:45 Zumba ..... NC</p> <hr/> <p>11  <b>Now open            1:00-4:00pm</b></p>
<p>12            5:35 STEP Cardio ..... AD            8:35 Barre Tone Core Fusion .... AD            9:45 CYCLE ..... LN            9:45 Zumba@ Toning..... LP            12:00 Switching ..... DM            5:30 BOOTCAMP ..... MC            6:00 All ball circuit.....KG            7:00 Yoga ..... JS</p>	<p>13            5:35 Cycle ..... SP            8:35 Piloxing@ ..... AD            9:45 Zumba@ ..... LP            9:45 All Ball sport .....AD            10:45 Silver Sneakers@ circuitDM            12:00 Chair Yoga ..... RC            6:00 Strength Training.....KG            7:00 Zumba ..... NC</p>	<p>14            5:35 Kettlebell AMPD @ .....AD            8:35 Kettlebell AMPD @ .....AD            9:45 Butts and Gutts ..... MC            12:00 Switching..... DM            5:00 CYCLE ..... LN            6:15 HIGH FITNESS ..... KP            7:00 Yoga ..... JS</p>	<p>15            5:35 Intervals ..... AD            8:35 POUND@ .....ES            9:45 Zumba@ ..... LP            9:45 Step Cardio ..... AD            10:45 Silver Sneakers@ circuitDM            12:00 Chair Yoga ..... JS            5:00 Kickbox Circuit .....KG            6:00 30 minute Thursday.....KG</p>	<p>16            5:35 Barre Tone Core Fusion .... AD            8:35 RIPPED@ ..... AD            10:00 HIGH FITNESS ..... KP            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p>	<p>17            8:30 Power Yoga ..... JS            9:45 Strength Intervals ..... SP            10:45 Zumba ..... NC</p> <hr/> <p>18  <b>Now open            1:00-4:00pm</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
19 5:35 RIPPED@.....AD 8:35 Barre Tone Core Fusion..... AD 9:45 CYCLE..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:30 BOOTCAMP..... MC 6:00 Intervals..... KG 7:00 Yoga..... JS	20 5:35 Cycle..... SP 8:35 Piloxing@..... AD 9:45 Zumba@..... LP 9:45 Interval Training..... AD 10:45 Silver Sneakers@ circuitDM 12:00 Chair Yoga..... RC 6:00 Strength Training..... KG 7:00 Zumba..... NM	21 5:35 Body Bar Combat/Strength· AD 8:35 Kettlebell AMPD@.....AD 9:45 Buns and Guns..... MC 12:00 No Class Today 5:00 CYCLE..... LN 6:15 HIGH FITNESS..... KP 7:00 Yoga on the ball..... JS	22 5:35 All ball sport..... AD 8:35 POUND@..... ES 9:45 Zumba@..... LP 9:45 Step Cardio..... AD 10:45 No class today 12:00 Chair Yoga..... TB 5:00 Kickbox Circuit.....KG 6:00 30 minute Thursday.....KG	23 5:35 Butts and Gutts..... AD 8:35 RIPPED@..... AD 10:00 HIGH FITNESS..... KP 11:00 Senior Yoga..... NJ 5:45 Yoga..... JS	24 8:30 Power Yoga..... JS 9:45 Strength Intervals..... SP 10:45 HIGH FITNESS..... KP  <hr/> 25 <p style="text-align: center;"><b>Now open 1:00-4:00pm</b></p>
26 5:35 STEP Cardio.....AD 8:35 Barre Tone Core Fusion..... AD 9:45 CYCLE..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 All ball circuit.....KG 7:00 Yoga..... JS	27 5:35 Cycle..... SP 8:35 Piloxing@..... AD 9:45 Zumba@..... LP 9:45 All Ball sport..... AD 10:45 Silver Sneakers@ circuitDM 12:00 Chair Yoga..... RC 6:00 Strength Training..... KG 7:00 No class tonight	28 5:35 Kettlebell AMPD@.....AD 8:35 Kettlebell AMPD@.....AD 9:45 Butts and Gutts..... AD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:15 HIGH FITNESS..... KP 7:00 Yoga..... JS	29 5:35 Cardio Conditioning..... AD 8:35 POUND@..... ES 9:45 Zumba@..... LP 9:45 Step Cardio..... AD 10:45 Silver Sneakers@ circuitDM 12:00 Chair Yoga..... JS 5:00 Kickbox Circuit.....KG 6:00 30 minute Thursday.....KG	30 5:35 Barre Tone Core Fusion..... AD 8:35 RIPPED@..... AD 10:00 HIGH FITNESS..... KP 11:00 Senior Yoga..... NJ 5:45 Yoga..... JS	31 8:30 Power Yoga..... JS 9:45 Strength Intervals..... SP 10:45 Zumba..... NC

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Parent's Night Out is back!

PNO usually is the 3rd Friday in each month! Look for flyers around the facility to let you know what the theme is each month! For more information stop by the front desk.

We all want the most for you money and time, right? Now join Amanda every Monday at 8:35am for a fusion of Barre Tone and Core

Yoga has been removed on Wednesday's at 11:00am for the summer months. Teri will be back teaching this class in the fall

Aerobics is back! Bigger, better, and HIGHER!

High Fitness is now offered:

Wednesday's at 6:15pm

Friday's at 10:00am

Saturday's either at 9:45am or 10:45am

**Questions? Please contact**

Amanda Duffie  
 aduffie@mauldinrecreation.com or  
 864-335-4858

Instructor List:

AD..... Amanda  
 DM..... Dianne  
 ES..... Emaleigh  
 JS..... Jenny S  
 KG..... Kayla  
 KP..... Kaelin  
 LP..... Lori  
 LN..... Liza  
 MC..... Miranda  
 NC..... Nikki  
 NJ..... Nicole  
 RC..... Rebecca  
 SP..... Sara  
 TB..... Teri  
 TW..... Taryn

Purple Classes are Silver Sneakers® and Senior approved. Ok for walkers to participate in the purple classes