



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

Mauldin Sports Center September 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|--|---|--|--|
| | | <p>1</p> <p>5:35 RIPPED/RUMBLE AD 8:35 Kettlebell AMPD @AD 9:45 Buns and Guns MC 11:00 HIGH FITNESS KP 12:00 Switching..... DM 5:00 CYCLE LN 6:00 PoundES 7:00 Yoga JS</p> | <p>2</p> <p>5:35 Boot Camp AD 8:35 POUND@ES 9:45 Zumba @ LP 9:45 No Class Today 10:45 Silver Sneakers@ circuit DM 12:00 Chair Yoga TB 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG</p> | <p>3</p> <p>5:35 Core Fusion..... SP 8:35 No Class today 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 Yoga.....JS</p> | <p>4</p> <p>8:30 Power Yoga JS 9:45 HIGH FITNESS KP</p> <hr/> <p>5</p> <p style="text-align: center;">Open 1:00-4:00pm</p> |
| <p>6</p> <p style="font-size: 2em; color: magenta;">CLOSED HAPPY LABOR DAY</p> | <p>7</p> <p>5:35 Cycle AD 8:35 Piloxing@ AD 9:45 Zumba @ LP 9:45 Interval Training AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training.....KG 7:00 Foam rolling/stretch/relax MC</p> <p>◇ Zumba upstairs today ◇ Interval training at walk wall</p> | <p>8</p> <p>5:35 Push-Pull AD 8:35 Kettlebell AMPD @AD 9:45 Butts and Gutts MC 11:00 HIGH FITNESS KP 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS</p> | <p>9</p> <p>5:35 Cardio Conditioning..... AD 8:35 POUND@ES 9:45 Zumba @ LP 9:45 Step CardioAD/MC 10:45 Silver Sneakers@ circuit DM 12:00 Chair Yoga TB 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG</p> | <p>10</p> <p>5:35 Buns and Guns AD 8:35 MashupAD 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 Yoga.....JS</p> | <p>11</p> <p>8:30 Power Yoga JS 9:45 HIGH FITNESS KP</p> <hr/> <p>12</p> <p style="text-align: center;">Open 1:00-4:00pm</p> |
| <p>13</p> <p>5:35 Cardio Push AD 8:35 Barre Tone Core Fusion AD 9:45 CYCLE LN 9:45 Zumba @ Toning..... LP 12:00 Switching..... DM 5:30 HIIT MC 6:00 All ball circuit.....KG 7:00 YogaJS</p> | <p>14</p> <p>5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba @ LP 9:45 All Ball sportAD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training.....KG 7:00 Foam rolling/stretch/relax MC</p> | <p>15</p> <p>5:35 Kettlebell AMPD @AD 8:35 Kettlebell AMPD @AD 9:45 Buns and Guns MC 11:00 HIGH FITNESS KP 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS</p> | <p>16</p> <p>5:35 Intervals AD 8:35 POUND@ES 9:45 Zumba @ LP 9:45 Step CardioAD/MC 10:45 Silver Sneakers@ circuit DM 12:00 Chair Yoga TB 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG</p> | <p>17</p> <p>5:35 Barre Tone Core Fusion AD 8:35 Mashup AD 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 YogaJS</p> | <p>18</p> <p>8:30 Power Yoga JS 9:45 HIGH FITNESS KP</p> <hr/> <p>19</p> <p style="text-align: center;">Open 1:00-4:00pm</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|---|--|--|---|---|
| 20 5:35 HIITAD 8:35 Barre Tone Core Fusion... AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:30 HIIT MC 6:00 Intervals..... KG 7:00 Yoga JS | 21 5:35 Cycle SP 8:35 Piloxing AD 9:45 Zumba@ LP 9:45 Interval Training AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training..... KG 7:00 Foam rolling/stretch/relax MC | 22 5:35 Strength Training AD 8:35 Kettlebell AMPD@AD 9:45 Butts and Guts MC 11:00 HIGH FITNESS KP 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga on the ball JS | 23 5:35 Boot Camp AD 8:35 POUND@ ES 9:45 Zumba@ LP 9:45 Step CardioAD/MC 10:45 Silver Sneakers@ circuit DM 12:00 Chair Yoga TB 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG | 24 5:35 Piloxing AD 8:35 Mashup AD 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 Yoga JS | 25 8:30 Power Yoga JS 9:45 HIGH FITNESS KP <hr/> 26 <p style="text-align: center;">Open 1:00-4:00pm</p> |
| 27 5:35 Cardio PushAD 8:35 Barre Tone Core Fusion... AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 NO CLASS TODAY 5:30 HIIT MC 6:00 All ball circuit KG 7:00 Yoga JS | 28 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 9:45 All Ball sport AD 10:45 NO CLASS TODAY 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training..... KG 7:00 Foam rolling/stretch/relax MC | 29 5:35 Kettlebell AMPD@AD 8:35 Kettlebell AMPD@AD 9:45 Buns and Guns MC 11:00 HIGH FITNESS KP 12:00 NO CLASS TODAY 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS | 30 5:35 Cardio Conditioning..... AD 8:35 POUND@ ES 9:45 Zumba@ LP 9:45 Step CardioAD/MC 10:45 NO CLASS TODAY 12:00 Chair Yoga TB 5:00 Kickbox CircuitKG 6:00 30 minute Thursday.....KG | 1 5:35 Barre Tone Core Fusion..... AD 8:35 Mashup..... AD 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 Yoga..... JS | 2 8:30 Power Yoga JS 9:45 HIGH FITNESS KP <hr/> 3 <p style="text-align: center;">Open 1:00-4:00pm</p> |

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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.

New class Tuesday's at 7:00pm with Miranda-
Foam rolling/stretch/relax

Chair Yoga on Tuesday's time has changed to 11:45am
immediately followed by Tai chi at 12:35pm with Rebecca

Cycle is now offered on Friday's at 9:45am
with Liza

High Fitness is now offered:
Wednesday's at 11:00am

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
NJ Nicole
RC Rebecca
SP Sara
SD Shannon
TB Teri

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