



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

Mauldin Sports Center October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>High Fitness now every Wednesday at 11:00am</p> <p>Cycle now every Friday at 9:45am</p>	<p>Foam rolling/stretch/relaxation now every Tuesday at 7:00pm</p> <p>Zumba now every Wednesday at 6:00pm</p>			<p>1</p> <p>5:35 Core Fusion..... AD</p> <p>8:35 RIPPED@ AD</p> <p>9:45 CYCLE LN</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Yoga JS</p>	<p>2</p> <p>8:30 Power Yoga JS</p> <p>9:45 HIGH FITNESS KP/CS</p> <p style="color: magenta; text-align: center;">JOIN US FOR A FUN FILLED HIGH FITNESS CLASS WITH GUEST INSTRUCTORS</p> <hr/> <p style="text-align: center;">3 Open</p> <p style="text-align: center;">1:00-4:00pm</p>
<p>4</p> <p>5:35 Step Cardio..... 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 Switching..... DM</p> <p>6:00 HIIT MC</p> <p>7:00 Yoga JS</p>	<p>5</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@ circuitDM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>6:00 Strength Training..... MC</p> <p>7:00 Foam rolling/stretch/relax MC</p>	<p>6</p> <p>5:35 Push-Pull AD</p> <p>8:35 Kettlebell AMPD @AD</p> <p>9:45 Butts and Gutts MC</p> <p>11:00 HIGH FITNESS KP</p> <p>12:00 Switching..... DM</p> <p>5:00 CYCLE LN</p> <p>6:00 ZUMBA SD</p> <p>7:00 Yoga JS</p>	<p>7</p> <p>5:35 Cardio Conditioning..... AD</p> <p>8:35 POUND@ES</p> <p>9:45 Zumba@ LP</p> <p>9:45 Step CardioAD/MC</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>12:00 Chair Yoga TB</p> <p>5:00 Kickbox Circuit MC</p> <p>6:00 30 minute Thursday..... MC</p>	<p>8</p> <p>5:35 Buns and Guns AD</p> <p>8:35 Mashup AD</p> <p>9:45 CYCLE LN</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Yoga JS</p>	<p>9</p> <p>8:30 Power Yoga JS</p> <p>9:45 HIGH FITNESS KP</p> <hr/> <p style="text-align: center;">10 Open</p> <p style="text-align: center;">1:00-4:00pm</p>
<p>11</p> <p>5:35 Cardio Push 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>6:00 HIIT MC</p> <p>7:00 Yoga JS</p>	<p>12</p> <p>5:35 Cycle SP</p> <p>8:35 Piloxing@ AD</p> <p>9:45 Zumba@ LP</p> <p>9:45 All Ball sport AD</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>6:00 Strength Training.....MC</p> <p>7:00 Foam rolling/stretch/relax MC</p>	<p>13</p> <p>5:35 Kettlebell AMPD @.....AD</p> <p>8:35 Kettlebell AMPD @AD</p> <p>9:45 Buns and Guns MC</p> <p>11:00 HIGH FITNESS KP</p> <p>12:00 Switching..... DM</p> <p>5:00 CYCLE LN</p> <p>6:00 ZUMBA SD</p> <p>7:00 Yoga JS</p>	<p>14</p> <p>5:35 Intervals AD</p> <p>8:35 POUND@ES</p> <p>9:45 Zumba@ LP</p> <p>9:45 Step CardioAD/MC</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>12:00 Chair Yoga TB</p> <p>5:00 Kickbox Circuit MC</p> <p>6:00 30 minute Thursday..... MC</p>	<p>15</p> <p>5:35 Barre Tone AD</p> <p>8:35 RIPPED@ AD</p> <p>9:45 CYCLE LN</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Yoga JS</p>	<p>16</p> <p>8:30 Power Yoga JS</p> <p>9:45 Piloxing AD</p> <hr/> <p style="text-align: center;">17 Open</p> <p style="text-align: center;">1:00-4:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
18 5:35 Step CardioAD 8:35 Barre Tone Core Fusion.... AD 9:45 CYCLE LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 HIIT..... MC 7:00 Yoga JS	19 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.....MC 7:00 Foam rolling/stretch/relax MC	20 5:35 Strength Training 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 on the ball JS	21 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 CircuitMC 6:00 30 minute Thursday.....MC	22 5:35 Pioxing AD 8:35 RIPPED@ AD 9:45 CYCLE AD 11:00 Senior Yoga JS 5:45 Yoga JS	23 8:30 Power Yoga JS 9:45 HIGH FITNESS KP <hr/> 24 <p style="text-align: center;">Open 1:00-4:00pm</p>
25 5:35 Cardio PushAD 8:35 Barre Tone Core Fusion.... AD 9:45 CYCLE AD/MC 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 HIIT..... MC 7:00 Yoga JS	26 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 9:45 All Ball sport AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training.....MC 7:00 Foam rolling/stretch/relax MC	27 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	28 5:35 Cardio Conditioning..... AD 8:35 POUND@ ES 9:45 Zumba@ LP 9:45 Step CardioAD/MC 10:45 Silver Sneakers@ circuitDM 12:00 Chair Yoga TB 5:00 Kickbox CircuitMC 6:00 30 minute Thursday.....MC	29 5:35 Barre Tone AD 8:35 Mashup..... AD 9:45 CYCLE LN 11:00 Senior Yoga NJ 5:45 Yoga JS	30 8:30 Power Yoga JS 9:45 HIGH FITNESS KP <hr/> 31 <p style="text-align: center;">Open 1:00-4:00pm</p>

Connect with the Mauldin Sports Center:

[Facebook](#) | [Instagram](#) | [City Website](#)



Due to increase in COVID numbers we have suspended Parent's Night Out until further notice!

Please welcome Shannon to our group fitness team! You will see her smiling face teaching Zumba! Come shake it with her!

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