



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

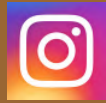
# Mauldin Sports Center November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</p> <p>5:35 Cardio Push ..... AD            8:35 Core Fusion ..... AD            9:45 CYCLE ..... LN            9:45 Zumba @ Toning ..... LP            12:00 Switching ..... DM            6:00 HIIT ..... MC            7:00 Yoga ..... JS</p>	<p>2</p> <p>5:35 Cycle ..... SP            8:35 Piloxing@ ..... AD            9:45 Zumba @ ..... LP            9:45 CYCLE ..... LN            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 Strength Training ..... MC            7:00 Class coming soon</p>	<p>3</p> <p>5:35 RIPPED @ ..... 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>4</p> <p>5:35 Boot Camp ..... AD            8:35 POUND@ ..... ES            9:45 Zumba @ ..... LP            9:45 Step Cardio ..... AD/MC            10:45 Silver Sneakers@ circuit DM            12:00 Chair Yoga ..... TB            5:00 Kickbox Circuit ..... MC            6:00 30 minute Thursday ..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>5</p> <p>5:35 Barre tone/Core Fusion ..... AD            8:35 RIPPED@ ..... AD            9:45 HIGH FITNESS ..... CS            11:00 Senior Yoga ..... NJ            5:45 Yoga ..... JS</p>	<p>6</p> <p>8:30 Power Yoga ..... JS            9:45 HIGH FITNESS ..... KP</p> <hr/> <p>7</p> <p style="text-align: center;"><b>Open</b> 1:00-4:00pm</p>
<p>8</p> <p>5:35 Step Cardio ..... AD            8:35 Barre Tone ..... AD            9:45 CYCLE ..... LN            9:45 Zumba @ Toning ..... LP            12:00 Switching ..... DM            6:00 HIIT ..... MC            7:00 Yoga ..... JS</p>	<p>9</p> <p>5:35 Cycle ..... SP            8:35 Piloxing@ ..... AD            9:45 Zumba @ ..... LP            9:45 CYCLE ..... LN            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 Strength Training ..... MC            7:00 Class coming soon</p>	<p>10</p> <p>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 ..... JS</p>	<p>11</p> <p>5:35 Bosu Blast ..... AD            8:35 POUND@ ..... ES            9:45 Zumba @ ..... LP            9:45 Step Cardio ..... AD/MC            10:45 Silver Sneakers@ circuit DM            12:00 Chair Yoga ..... TB            5:00 Kickbox Circuit ..... MC            6:00 30 minute Thursday ..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>12</p> <p>5:35 Intervals@ ..... SP            8:35 Foam rolling/stretch/relax MC            9:45 HIGH FITNESS ..... CS            11:00 Senior Yoga ..... NJ            5:45 Yoga ..... JS</p>	<p>13</p> <p>8:30 Power Yoga ..... JS            9:45 HIGH FITNESS ..... CS</p> <hr/> <p>14</p> <p style="text-align: center;"><b>Open</b> 1:00-4:00pm</p>
<p>15</p> <p>5:35 Cardio Push ..... AD            8:35 Core Fusion ..... AD            9:45 CYCLE ..... LN            9:45 Zumba @ Toning ..... LP            12:00 Switching ..... DM            6:00 HIIT ..... MC            7:00 Yoga ..... JS</p>	<p>16</p> <p>5:35 Cycle ..... SP            8:35 Piloxing@ ..... AD            9:45 Zumba @ ..... LP            9:45 CYCLE ..... LN            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 Strength Training ..... MC            7:00 Class coming soon</p>	<p>17</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>18</p> <p>5:35 Intervals ..... AD            8:35 POUND@ ..... ES            9:45 Zumba @ ..... LP            9:45 Step Cardio ..... AD/MC            10:45 Silver Sneakers@ circuit DM            12:00 Chair Yoga ..... TB            5:00 Kickbox Circuit ..... MC            6:00 30 minute Thursday ..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>19</p> <p>5:35 Barre Tone ..... AD            8:35 RIPPED@ ..... AD            9:45 Foam rolling/stretch/relax MC            11:00 Senior Yoga ..... NJ            5:45 Yoga ..... JS</p>	<p>20</p> <p>8:30 Power Yoga ..... JS            9:45 HIGH FITNESS ..... CS</p> <hr/> <p>21</p> <p style="text-align: center;"><b>Open</b> 1:00-4:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 Step Cardio .....AD 8:35 Barre Tone Core Fusion.... AD 9:45 CYCLE ..... LN 9:45 Zumba@ ..... SD 12:00 Switching..... DM 6:00 HIIT..... MC 7:00 Yoga ..... JS	23 5:35 Cycle ..... SP 8:35 Piloxing ..... AD 9:45 Zumba@ ..... SD 9:45 CYCLE ..... LN 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 Strength Training.....MC 7:00 Class coming soon	24 <b>Open 5:30am-9:30pm</b> 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 ..... JS	25 <div style="text-align: center;"> <p><b>CLOSED</b></p> </div>	26 <b>Open 5:30am-9:30pm</b> <div style="background-color: #8B4513; color: white; padding: 10px; text-align: center;"> <p>No classes today- Perform 1 mile walk 20 squats 20 jumping jacks 20 push-ups 20 lunges 20 burpees</p> </div>	27 8:30 Power Yoga ..... JS 9:45 HIGH FITNESS ..... KP <hr/> 28 <div style="text-align: center;"> <p><b>Open</b> <b>1:00-4:00pm</b></p> </div>
29 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 6:00 HIIT..... MC 7:00 Yoga ..... JS	30 5:35 Cycle ..... SP 8:35 Piloxing@ ..... AD 9:45 Zumba@ ..... LP 9:45 CYCLE ..... LN 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 Strength Training.....MC 7:00 Class coming soon				

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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!

High Fitness now

every Wednesday at 11:00am, Thursday's at 6:45pm, Friday's at 9:45am, and Saturday's at 9:45am

Cycle now offered Tuesday's at 9:45am

Foam rolling/stretch/relaxation offered every other Friday at 9:45am

Zumba now every Wednesday at 6:00pm

**Questions? Please contact**

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

**Instructor List:**

AD ..... Amanda  
 CS ..... Cameron  
 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**