



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

Mauldin Sports Center December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 12 days of fitness begins 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	2 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 Circuit MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	3 5:35 Barre tone..... AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 Yoga JS	4 8:30 Power Yoga JS 9:45 HIGH FITNESS KP <hr/> 5 <div style="text-align: center; font-weight: bold; font-size: 1.2em;"> Open 1:00-6:00pm </div>
6 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	7 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	8 5:35 Strength Training AD 8:35 Kettlebell AMPD @AD 9:45 Butts and Gutts MC 11:00 NO CLASS TODAY 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 ZUMBA SD 7:00 Yoga JS	9 5:35 Bosu Blast 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 Circuit MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	10 5:35 Piloxing AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ No evening classes today- Room is in use for recreation photos	11 No classes today- Room is in use for recreation photos <hr/> 12 12 days of Fitness ends <div style="text-align: center; font-weight: bold; font-size: 1.2em;"> Open 1:00-6:00pm </div>
13 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	14 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.....KG 7:00 Class coming soon <div style="text-align: center; font-weight: bold;">WELCOME BACK KAYLA</div>	15 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	16 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 Circuit MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	17 5:35 Barre Tone AD 8:35 Mash-up AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga NJ	18 8:30 Power Yoga TB 9:45 HIGH FITNESS CS 10:45 Strength Training KG <hr/> 19 <div style="text-align: center; font-weight: bold; font-size: 1.2em;"> Open 1:00-6:00pm </div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 Step CardioAD 8:35 Barre Tone Core Fusion.... AD 9:45 CYCLE LN 9:45 Zumba@ LP 12:00 Switching..... DM 6:00 HIIT.....MC 7:00 Yoga JS	21 5:35 Cycle AD 8:35 Piloxing AD 9:45 Zumba@ LP 9:45 CYCLE AD 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training..... KG 7:00 Class coming soon	22 5:35 Strength Training AD 8:35 Kettlebell AMPD@AD 9:45 Butts and Gutts MC 11:00 NO CLASS TODAY 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS	23 5:35 Boot Camp AD 8:35 POUND@ ES 9:45 Zumba@ LP 9:45 Step Cardio AD 10:45 Silver Sneakers® circuit DM 12:00 Chair Yoga JS	24 Open 5:30am-12:30pm 5:35 Mash-up AD	25 <p style="text-align: center;">Closed Merry Christmas</p> <hr/> 26 <p style="text-align: center;">Open 1:00-6:00pm</p>
27 5:35 Cardio PushAD 8:35 Barre Tone Core Fusion.... AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching..... DM 6:00 No Class Today 7:00 Yoga JS	28 5:35 Cycle AD 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..... KG 7:00 Class coming soon	29 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 JS	30 5:35 All ball sport AD 8:35 POUND@ ES 9:45 Zumba@ LP 9:45 Step CardioAD/MC 10:45 Silver Sneakers® circuit DM 12:00 Chair Yoga JS 5:00 Kickbox CircuitMC 6:00 30 minute Thursday.....MC 6:45 HIGH FITNESS CS	31 Open Regular Hours 5:35 Barre tone..... AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ	

Connect with the Mauldin Sports Center:
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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