



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

Mauldin Sports Center January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					¹ Closed– Happy New Year <hr/> ² Open 1:00-6:00pm
³ 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	⁴ 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	⁵ 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	⁶ 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 CircuitMC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	⁷ 5:35 Barre Tone AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 YogaJS	⁸ 8:30 Power Yoga JS 9:45 HIGH FITNESS KP/CS <hr/> ⁹ Open 1:00-6:00pm
¹⁰ 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	¹¹ 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	¹² 5:35 Strength Training.....AD 8:35 Kettlebell AMPD @AD 9:45 Butts and Gutts MC 11:00 Mash-up AD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 ZUMBA SD 7:00 Yoga JS	¹³ 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 CircuitMC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	¹⁴ 5:35 Core-Fusion AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 YogaJS	¹⁵ 8:30 Power Yoga JS 9:45 HIGH FITNESS KP/CS <hr/> ¹⁶ Open 1:00-6:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 Step CardioAD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba@ LP 12:00 Switching..... DM 6:00 HIIT.....MC 7:00 Yoga JS	18 5:35 Cycle SP 8:35 Piloxing AD 9:45 Zumba@ LP 9:45 CYCLE LN 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training..... KG	19 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	20 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 JS 5:00 Kickbox CircuitMC 6:00 30 minute Thursday.....MC 6:45 HIGH FITNESS CS	21 5:35 Mash-up AD 8:35 RIPPED..... AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 YogaJS	22 8:30 Power Yoga JS 9:45 Survival of the fittest --AD/MC 10:45 High Fitness CS <hr/> 23 <p style="text-align: center;">Open 1:00-6:00pm</p>
24 5:35 Cardio PushAD 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	25 5:35 CycleSP 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	26 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	27 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	28 5:35 Piloxing AD 8:35 Mash-up..... AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga JS	29 8:30 Power Yoga JS 9:45 Survival of the fittest --AD/MC 10:45 High Fitness KP/CS <hr/> 30 <p style="text-align: center;">Open 1:00-6:00pm</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!

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