

MAULDIN SPORTS CENTER

GROUP FITNESS CLASS DESCRIPTIONS

Refer to monthly schedule for classes and class times.

NOTE: classes are subject to change.

Questions?

Please contact:

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Cardio Classes:

30 Minute Thursday: This class can be anything! A high-intensity class full of cardio, strength, and agility exercises in a 30-minute time frame. It's designed for all fitness levels.

Boot Camp: This military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength.

Bosu Blast: The interval-style class uses the bosu ball to focus on stability, balance, and core. It is an intense workout to start your day out right and have you leave class feeling great!

Step Cardio: A low impact, high intensity workout using an adjustable platform. This class mixes old school step moves with a modern twist. You can make it as intense as your body allows all while stepping to the beat

Cardio Conditioning: Interested in high fat burning exercises? Turn your resistance training workouts into muscle building and fat blasting sessions by integrating intense progression conditioning. There are 3-4 minutes of strength combined with 2 minutes of cardio.

Cardio Crazy: Be ready for a fitness playground! Cardio intensity interval are combined with cutting edge fitness drills to create this breathless bash.

Cardio Push: experience a high energy, high intensity, but low impact class that will have you sweating in no time. You will perform short anaerobic burst of unique cardio exercises. It is up to you how hard and fast you push yourself in these short bouts. This class will challenge you all while not performing burpees or running. This class is for all fitness levels.

Mash-Up: enjoy a fusion of any strength, cardio, or choreographed classes offered at MSC. As the music changes you change what format of exercises you are performing. Mash-up is for all fitness levels.

Cycle: Take the ride of your life in any of our indoor cycling classes. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout.

Cycle High-Intensity Interval Training (HIIT): Improve your performance with short training sessions. HIIT is a form of cardiovascular exercise using spin bikes and strength training exercises which are beneficial to burning fat in short and intense workout. In this class you will perform exercises that are high intensity and low impact.

Interval Training: This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training.

Piloxing® (60 minutes): A non-stop, cardio fusion of standing Pilates, boxing, and dancing that will push you past your limits for a sleek, sexy, powerful you!

Kickbox Circuit: No complicated choreography in this class. Two rounds of kickboxing based stations using punching bags, clappers and kick pads. You will use cardio and strength stations geared towards solely improving your endurance and strength.

R.I.P.P.E.D® (50 minutes): - The One Stop Body Shock™
This total body, high intensity style program utilizes free weights to masterfully combine the components of R.I.P.P.E.D -- resistance, intervals, power, plyometrics and endurance. The workout portion includes diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective.
Thus, regular R.I.P.P.E.D participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

Tabata: Tabata training is a form of high intensity interval training. You will push yourself as hard as you can for 2- seconds and rest for 10 seconds until you complete eight sets of an exercise. This class typically only lasts 20-30 minutes max plus cool down and stretching.

POUND® (45 minutes): A full-body cardio jam session, combining light resistance with constant simulated drumming with up to 15,000 reps. We move through over 30 extended interval peaks and over 70 techniques effortlessly. You'll burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique - all while rocking out to your favorite music!

HIGH Fitness®: HIGH fitness has brought aerobics back in a hip and unique way. Think Old School Aerobics made Modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun! Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow fitness choreography.

HIIT: Expect a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

Dance Classes:

Zumba®: -A fusion of Latin and international music that combines high energy and motivating music with unique moves that allow participants to fade away their worries. Routines include aerobic fitness interval training with a mix of fast and slow rhythms that tone and sculpt the body.

Zumba® Toning: It's a party with an extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged! Lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination, while toning target zones including arms, core and lower body.



Silver Sneakers® Classes:

Silver Sneakers® Circuit (60 minutes): Do you want to improve your muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are integrated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Strength Classes:

All Ball Sport: A cardiovascular and strength circuit program using a bosu, stability balls, medicine balls, ballast balls, and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning systems into high gear.

Buns and Guns: This workout features glute and arm exercises. In order to get both an efficient and effective workout, you will target each area separately to avoid over-fatiguing one region.

Butts and Gutts: Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high-impact workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular.

By combining elements of Pilates, strength training, BOSU, resistance bands and more, this class is sure to get those ab and tush muscles firmed up and well toned.

Kettlebell AMPD: This class takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area while still maintaining a whole-body routine.

Strength Classes (continued):

Strength Training: A complete body strengthening program designed to increase definition and tone while helping the prevention of injury using the principles of resistance training.

Switching: Get the best results in a short amount of time! This 30 minute standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning, and fat-burning benefits all in one workout.

Core Training: A 30 minute workout targeting your abdominal and back regions. Training is focused on alignment and strengthening techniques resulting in the improved definition and strength of your core.

Mind and Body Classes:

Barre Tone: Barre classes mix elements of pilates, dance, yoga, and functional training. The moves are choreographed to motivating and exciting music.

Barre Boot Camp: Inspired by ballet, this barre class is slightly higher in intensity than barre. Instructors will lead you through cardio drills that target arms, core, thighs, and booty to help you gain a long and lean, dancer's body.

Core-Fusion: A fusion class that combines core and pilates type movements in one class with the use of fitness circles, stability balls, mini balls, tubing, gliders, and foam rollers to give your entire body an exhilarating challenge.

Foam Rolling/Relax/Stretch: Ideal for anyone looking to improve their posture, help their body recover from other workouts, and anyone who just wants to increase their flexibility. The "foam" in the class title stands for foam rolling, a type of self-myofascial release, and a fitness technique with many benefits. Foam rolling can increase blood flow, improve flexibility, reduce muscle soreness, and decrease injury risks associated with other types of exercise. This class will also utilize static stretching for a workout that will leave you feeling lengthened, relaxed, and ready for your next fitness challenge.

Power Yoga (60 minutes): Ashtanga Yoga is designed to strengthen muscles, improve flexibility, respiration, and calm the mind so as to uplift the spirit.

Tai Chi: Tai Chi is a Chinese exercise system that uses slow, smooth body movements, to achieve a state of relaxation for both the body and the mind.

Yoga on The Ball: A unique combination of Hatha Yoga asanas and ball work that builds lean muscles while providing natural stress relief. Includes a comprehensive workout adaptable to the needs of the beginner and those with a more advanced practice.