



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

Mauldin Sports Center April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 5:35 TRX/Kickboxing..... AD 8:35 RIPPED AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga JS	2 8:30 Power Yoga JS 9:45 Barre TW 10:45 No Class today <hr/> 3 <div style="text-align: center;">Open 1:00-5:00pm</div>
4 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	5 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	6 5:35 Kettlebell AMPD @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	7 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 Strength Training MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	8 5:35 Barre/Core..... AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 Yoga JS	9 8:30 Power Yoga JS 9:45 POUND@KG/ES 10:45 HIGH FITNESS KP/CS <hr/> 10 <div style="text-align: center;">Open 1:00-5:00pm</div>
11 5:35 HIIT on the step 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	12 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	13 5:35 Strength Training.....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	14 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 Strength training MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS	15 5:35 Cycle/HIIT SP 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 Yoga JS	16 8:30 Power Yoga JS 9:45 Barre TW 10:45 HIGH FITNESS KP/CS <hr/> 17 <div style="text-align: center;">Closed Happy Easter</div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
18 5:35 Step CardioAD 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	19 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	20 5:35 Kettlebell AMPD @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	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 Strength trainingMC 6:00 30 minute ThursdayMC 6:45 HIGH FITNESS CS	22 5:35 Piloxing@ AD 8:35 TRX/Kickboxing AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 YogaJS	23 8:30 Power Yoga JS 9:45 POUND@ KG 10:45 HIGH FITNESS KP <hr/> 24 <h2 style="text-align: center;">Open</h2> <h3 style="text-align: center;">1:00-5:00pm</h3>
25 5:35 HIIT on the stepAD 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	26 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	27 5:35 Strength TrainingAD 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 on the ball JS	28 5:35 TRX/All ball Circuit 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 Strength trainingMC 6:00 30 minute ThursdayMC 6:45 HIGH FITNESS CS	29 5:35 Barre/Core AD 8:35 Foam rolling/stretch/relax MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga JS 5:45 Yoga JS	30 8:30 Power Yoga JS 9:45 Strength TrainingKG 10:45 HIGH FITNESS KP/CS <hr/>

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Join
Kayla
the



on

Mark your calendars for the community Helicopter Egg Drop Saturday April 9th, 2022 at Sunset Park from 11:00-2:00pm

Free Event!
Thousands of
from the sky.



Watch
eggs fall

Stix's...

Pound every other Saturday in April :)

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