



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

Mauldin Sports Center May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>2</p> <p>5:35 Step Cardio..... AD 8:35 Barre/Core AD 9:45 CYCLE LN 9:45 Zumba @ Toning..... LP 12:00 Switching DM 6:00 HIIT MC 7:00 Yoga JS</p>	<p>3</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..... KW</p>	<p>4</p> <p>5:35 Body Bar Comabt/Strength~AD 8:35 Kettlebell AMPD @AD 9:45 Butts and Gutts MC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS</p>	<p>5</p> <p>5:35 TRX/Kickboxing..... AD 8:35 POUND@ES 9:45 Zumba @ SD 9:45 Step CardioAD/MC 10:45 Silver Sneakers@ circuit DM 12:00 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS</p>	<p>6</p> <p>5:35 RIPPED/RUMBLE AD 8:35 RIPPED AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>7</p> <p>8:30 Power Yoga JS 9:45 Barre TW 10:45 No class today</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Open 1:00-5:00pm</p>
<p>9</p> <p>5:35 HIIT on the step AD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba @ Toning..... LP 12:00 Switching DM 6:00 All Ball Sport..... MC 7:00 Yoga JS</p>	<p>10</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 TRX/Kickboxing KW</p>	<p>11</p> <p>5:35 Strength Training.....AD 8:35 Kettlebell AMPD @AD 9:45 Buns and Guns MC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga TB</p>	<p>12</p> <p>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 RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS</p>	<p>13</p> <p>5:35 Barre/Core..... AD 8:35 RIPPED/RUMBLE AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>14</p> <p>8:30 Power Yoga JS 9:45 POUND@ KG 10:45 HIGH FITNESS CS</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Open 1:00-5:00pm</p>
<p>16</p> <p>5:35 Step Cardio AD 8:35 Barre/Core..... AD 9:45 CYCLE LN 9:45 Zumba @ Toning..... LP 12:00 Switching DM 6:00 HIIT MC 7:00 Yoga JS</p>	<p>17</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..... KW</p>	<p>18</p> <p>5:35 Kettlebell AMPD @AD 8:35 Kettlebell AMPD @AD 9:45 Butts and Gutts MC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 ZUMBA SD 7:00 Yoga JS</p>	<p>19</p> <p>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 RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC 6:45 HIGH FITNESS CS</p>	<p>20</p> <p>5:35 Piloxing AD 8:35 Body Bar Combat..... AD 9:45 Foam rolling/stretch/relax MC 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>21</p> <p>8:30 Power Yoga JS 9:45 Barre TW 10:45 HIGH FITNESS KP</p> <hr/> <p style="text-align: center; font-size: 1.2em;">Open 1:00-5:00pm</p>
					<p>22</p> <p style="text-align: center; font-size: 1.2em;">Open 1:00-5:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
23 5:35 HIIT on the stepAD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 All Ball Sport.....MC 7:00 Yoga..... JS	24 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 TRX/Kickboxing..... KW	25 5:35 Strength Training.....AD 8:35 Kettlebell AMPD@.....AD 9:45 Buns and Guns MC 12:00 Switching..... DM 5:00 CYCLE AD 6:00 ZUMBA SD 7:00 Yoga on the ball JS	26 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 RC 5:00 Strength trainingMC 6:00 30 minute Thursday.....MC 6:45 HIGH FITNESS CS	27 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	28 8:30 Power Yoga JS 9:45 POUND@ KG 10:45 HIGH FITNESS CS <hr/> 29 <p style="text-align: center;">Open 1:00-5:00pm</p>
30 <p style="text-align: center;">Closed- Happy Memorial Day</p>	31 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..... KW				

Connect with the Mauldin Sports Center:
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Join Kayla on the Stix's...
 Pound every other Saturday in March :)



**High Fitness will be back on Wednesday mornings
 and Friday mornings in June!**

Check out step cardio

Taryn is back on the Barre every other Saturday

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**