




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

Mauldin Sports Center July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Check at the new class at 5:35am 20-20-20: 20 minutes cardio 20 minutes strength 20 minutes core Cardio can consist of hiit, ta- bata, or all out cardio Intervals. This class is quick, fun, and efficient</p>	<p>Thursday Chair Yoga is now at 11:45am</p> <p>POUND is back at 8:35am with Kayla</p>			<p>1 5:35 Cycle and Sculpt SP 8:35 Foam rolling/stretch/relax MC 9:45 No Class today 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>2 8:30 Power Yoga JS 9:45 No Class Today</p> <hr/> <p>3 <div style="text-align: center; padding: 10px;"> Open 1:00-5:00pm </div> </p>
<p>4</p> 	<p>5 5:35 Cycle SP 8:35 20-20-20 AD 9:45 Piloxing AD 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>6 5:35 Strength Training AD 8:35 Kettlebell AMPD @ AD 9:45 Buns and Guns MC 11:00 HIGH FITNESS KP 12:00 NO CLASS TODAY 5:00 CYCLE LN 6:00 No Class Tonight 7:00 Yoga JS</p>	<p>7 5:35 Boot Camp AD 8:35 POUND@ KW 9:45 No class today 9:45 Basic Step AD 10:45 NO CLASS TODAY 11:45 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday MC 6:45 HIGH FITNESS CS</p>	<p>8 5:35 Triathlon Boot Camp SP 8:35 HIIT + Relaxation MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>9 8:30 Power Yoga JS 9:45 Barre TW</p> <hr/> <p>10 <div style="text-align: center; padding: 10px;"> Open 1:00-5:00pm </div> </p>
<p>11 5:35 HIIT 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>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 KW</p>	<p>13 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</p>	<p>14 5:35 20-20-20 AD 8:35 POUND@ KW 9:45 Zumba@ LP 9:45 Basic Step AD 10:45 No Class Today 11:45 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday MC 6:45 HIGH FITNESS CS</p>	<p>15 5:35 Barre/Core AD 8:35 HIIT + Relaxation MC 9:45 HIGH FITNESS CS 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>16 8:30 Power Yoga JS 9:45 POUND@ Kettlebell AMPD @ Mashup KW/AD</p> <hr/> <p>17 <div style="text-align: center; padding: 10px;"> Open 1:00-5:00pm </div> </p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>18</p> <p>5:35 Step CardioAD</p> <p>8:35 Barre Tone AD</p> <p>9:45 CYCLE LN</p> <p>9:45 Zumba@ Toning LP</p> <p>12:00 Switching DM</p> <p>6:00 All Ball Sport MC</p> <p>7:00 Yoga JS</p>	<p>19</p> <p>5:35 Cycle SP</p> <p>8:35 20-20-20 AD</p> <p>9:45 Zumba@ LP</p> <p>9:45 CYCLE LN</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>6:00 TRX/Kickboxing KW</p>	<p>20</p> <p>5:35 Strength TrainingAD</p> <p>8:35 Kettlebell AMPD@AD</p> <p>9:45 Buns and Guns MC</p> <p>11:00 HIGH FITNESS KP</p> <p>12:00 Switching DM</p> <p>5:00 CYCLE LN</p> <p>6:00 ZUMBA SD</p> <p>7:00 Yoga on the ball JS</p>	<p>21</p> <p>5:35 Boot Camp AD</p> <p>8:35 POUND@KW</p> <p>9:45 Zumba@ LP</p> <p>9:45 Step Cardio AD</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>5:00 Strength trainingMC</p> <p>6:00 30 minute ThursdayMC</p> <p>6:45 HIGH FITNESS CS</p>	<p>22</p> <p>5:35 Barre Tone AD</p> <p>8:35 HIIT + Relaxation MC</p> <p>9:45 No Class Today</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 YogaJS</p>	<p>23</p> <p>8:30 Power Yoga JS</p> <p>9:45 Strength TrainingKW</p> <hr/> <p>24</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
<p>25</p> <p>5:35 IntervalsAD</p> <p>8:35 Barre/Core AD</p> <p>9:45 CYCLE LN</p> <p>9:45 Zumba@ Toning LP</p> <p>12:00 Switching DM</p> <p>6:00 HIIT MC</p> <p>7:00 Yoga JS</p>	<p>26</p> <p>5:35 Cycle SP</p> <p>8:35 Piloxing@ AD</p> <p>9:45 Zumba@ LP</p> <p>9:45 CYCLE LN</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>6:00 Strength Training KW</p>	<p>27</p> <p>5:35 Kettlebell AMPD@AD</p> <p>8:35 Kettlebell AMPD@AD</p> <p>9:45 Butts and Gutts MC</p> <p>11:00 HIGH FITNESS KP</p> <p>12:00 Switching DM</p> <p>5:00 CYCLE LN</p> <p>6:00 ZUMBA SD</p> <p>7:00 Yoga JS</p>	<p>28</p> <p>5:35 20-20-20 AD</p> <p>8:35 POUND@KW</p> <p>9:45 Zumba@ LP</p> <p>9:45 Step Cardio AD</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>5:00 Strength trainingMC</p> <p>6:00 30 minute ThursdayMC</p> <p>6:45 HIGH FITNESS CS</p>	<p>29</p> <p>5:35 Barre Core AD</p> <p>8:35 HIIT + Relaxation MC</p> <p>9:45 HIGH FITNESS CS</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Yoga JS</p>	<p>30</p> <p>8:30 Power Yoga JS</p> <p>9:45 Barre TW</p> <hr/> <p>31</p> <p style="text-align: center;">Open 1:00-5:00pm</p>

Connect with the Mauldin Sports Center:

[Facebook](#) | [Instagram](#) | [City Website](#)



Specialty Group Fitness Classes
Offered:



Questions? Please contact

Amanda Duffie
aduffie@mauldinrecreation.com or
864-335-4858

Instructor List:

AD Amanda
CS Cameron
DM Dianne
JS Jenny S
KW Kayla
KP Kaelin
LP Lori
LN Liza
MC Miranda
NJ Nicole
RC Rebecca
SP Sara
SD Shannon
TW Taryn
TB Teri

Purple Classes
are Silver
Sneakers®
and Senior
approved. Ok
for walkers to
participate in
the purple
classes