



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

# Mauldin Sports Center August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</p> <p>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 All ball sport ..... MC            7:00 Yoga ..... JS</p>	<p>2</p> <p>5:35 Cycle ..... AD            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>3</p> <p>5:35 Body Bar Combat/Strength-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</p>	<p>4</p> <p>5:35 20-20-20..... AD            8:35 POUND@ .....KW            9:45 Zumba@ .....LP            9:45 Basic Step.....AD            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            5:00 Strength training ..... MC            6:00 30 minute Thursday..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>5</p> <p>5:35 Barre Boot Camp ..... AD            8:35 20-20-20..... AD            9:45 HIGH FITNESS ..... CS            11:00 Senior Yoga ..... JS            5:45 Yoga..... JS</p>	<p>6</p> <p>8:30 Power Yoga ..... JS            9:45 Strength Training..... KW</p> <hr/> <p>7</p> <p style="text-align: center;"><b>Open</b> 1:00-5:00pm</p>
<p>8</p> <p>5:35 Step Strength Intervals..... AD            8:35 Barre Boot Camp ..... AD            9:45 CYCLE ..... LN            9:45 Zumba@ Toning..... LP            12:00 Switching ..... DM            6:00 HIIT ..... MC            7:00 Yoga ..... JS</p>	<p>9</p> <p>5:35 Cycle ..... AD            8:35 Piloxing ..... AD            9:45 No Zumba Today            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>10</p> <p>5:35 Strength Training.....AD            8:35 Kettlebell AMPD @.....AD            9:45 Butts and Guts ..... MC            12:00 Switching..... DM            5:00 CYCLE..... LN            6:00 No Zumba Today            7:00 Yoga ..... JS</p>	<p>11</p> <p>5:35 Boot Camp ..... AD            8:35 POUND@ .....MC            9:45 No Zumba Today            9:45 Step Cardio .....AD            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            5:00 Strength training ..... MC            6:00 30 minute Thursday..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>12</p> <p>5:35 Piloxing..... AD            8:35 Strength Training ..... AD            9:45 Core + Relaxation ..... MC            11:00 Senior Yoga ..... NJ            5:45 Yoga..... JS</p>	<p>13</p> <p>8:30 Power Yoga ..... JS            9:45 Barre ..... TW</p> <hr/> <p>14</p> <p style="text-align: center;"><b>Open</b> 1:00-5:00pm</p>
<p>15</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 All ball sport ..... MC            7:00 Yoga ..... JS</p>	<p>16</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>17</p> <p>5:35 Kettlebell AMPD @.....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 ..... JS</p>	<p>18</p> <p>5:35 TRX/Kickbox ..... AD            8:35 POUND@ .....MC            9:45 Zumba@ ..... LP            9:45 Step Cardio .....AD            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            5:00 Strength training ..... MC            6:00 30 minute Thursday..... MC            6:45 HIGH FITNESS ..... CS</p>	<p>19</p> <p>5:35 Barre/Core ..... AD            8:35 Core + Relaxation ..... MC            9:45 HIGH FITNESS ..... CS            11:00 Senior Yoga ..... NJ            5:45 Yoga..... NJ</p>	<p>20</p> <p>8:30 Power Yoga ..... JS            9:45 Intervals ..... KW</p> <hr/> <p>21</p> <p style="text-align: center;"><b>Open</b> 1:00-5:00pm</p>

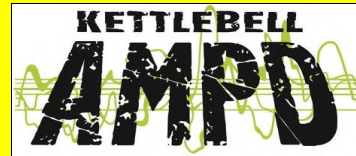
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 Intervals .....SP 8:35 Strength training .....MC 9:45 CYCLE ..... LN 9:45 Zumba@ Toning ..... LP 12:00 Switching ..... DM 6:00 All Ball Sport .....MC 7:00 Yoga ..... JS	23 5:35 Cycle ..... SP 8:35 No class today 9:45 Zumba@ ..... LP 9:45 CYCLE ..... LN 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 TRX/Kickboxing ..... KW	24 5:35 Strength Training ..... SP 8:35 No class today ..... 9:45 Butts and Guts ..... MC 12:00 Switching ..... DM 5:00 CYCLE ..... LN 6:00 ZUMBA ..... SD 7:00 Yoga on the ball ..... JS	25 5:35 Cycle and Sculpt ..... SP 8:35 POUND® .....MC 9:45 Zumba@ ..... LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga ..... RC 5:00 Strength training .....MC 6:00 30 minute Thursday .....MC 6:45 No Class Tonight	26 5:35 Triathlon Boot Camp ..... SP 8:35 Core + Relaxation ..... MC 9:45 No Class Today 11:00 Senior Yoga ..... NJ 5:45 Yoga ..... JS	27 8:30 Power Yoga ..... JS 9:45 Strength Training ..... KW <hr/> 28 <p style="text-align: center;"><b>Open</b> <b>1:00-5:00pm</b></p>
29 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	30 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 ..... KW	31 5:35 Kettlebell AMPD® .....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 ..... JS	<p style="text-align: center;"><b>Check at the new class at</b> <b>5:35am</b> <b>20-20-20:</b> <b>20 minutes cardio</b> <b>20 minutes strength</b> <b>20 minutes core</b> Cardio can consist of hiit, tabata, or all out cardio Intervals. This class is quick, fun, and efficient</p>		

Connect with the Mauldin Sports Center:

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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