



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

Mauldin Sports Center September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Basketball floors are being refinished the week of September 12th, 2022 so there will be no classes in the gym that week.</p> <p>Check out the new class added on Tuesday night :)</p>	<p>10-10-10 is a spin off of 20-20-20 BUT shorter! 10 minutes of cardio 10 minutes of strength 10 minutes of core</p> <p style="text-align: center;">Done!</p>	<p style="text-align: center;"><u>High Fitness is now Friday's at 8:35am</u></p> <p style="text-align: center;"><u>Core & Relaxation now at 9:45am</u></p>	<p>1 5:35 20-20-20 AD 8:35 POUND@ MC 9:45 Zumba@LP 9:45 Step CardioAD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC</p>	<p>2 5:35 Barre Boot Camp AD 8:35 HIGH FITNESS CS 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 YogaJS</p>	<p>3 8:30 Power Yoga JS 9:45 Strength Training..... KW</p> <hr/> <p style="text-align: center;">4 Open 1:00-5:00pm</p>
<p>5 CLOSED- HAPPY LABOR DAY</p>	<p>6 5:35 Cycle AD 8:35 Piloxing AD 9:45 Zumba@ LP 9:45 CYCLE..... AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:20 10-10-10 AD/KW 6:00 TRX/Kickboxing KW</p>	<p>7 5:35 Strength Training.....AD 8:35 Kettlebell AMPD @.....AD 9:45 Butts and Gutts MC 12:00 Switching..... DM 5:00 CYCLE..... AD 6:00 Zumba@ SD 7:00 Yoga JS</p>	<p>8 5:35 Boot Camp..... AD 8:35 POUND@ MC 9:45 Zumba@LP 9:45 Step CardioAD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC</p>	<p>9 5:35 Instructors choice..... AD 8:35 RIPPED..... AD 9:45 Core + Relaxation AD 11:00 Senior Yoga NJ 5:45 YogaJS</p>	<p>10 8:30 Power Yoga JS 9:45 20-20-20AD/KW</p> <hr/> <p style="text-align: center;">11 Open 1:00-5:00pm</p>
<p>12 5:35 Step Cardio..... AD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 NO CLASS TODAY 12:00 Switching DM 6:00 All ball Circuit..... MC 7:00 No Class Today</p>	<p>13 5:35 Cycle SP 8:35 Piloxing AD 9:45 NO CLASS TODAY 9:45 CYCLE..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:20 10-10-10 AD/KW 6:00 Strength Training..... KW</p>	<p>14 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>15 5:35 20-20-20 AD 8:35 POUND@ MC 9:45 NO CLASS TODAY 9:45 Step CardioAD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 5:00 Strength training MC 6:00 30 minute Thursday..... MC</p>	<p>16 5:35 Barre Boot Camp AD 8:35 HIGH FITNESS CS 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 YogaTB</p>	<p>17 8:30 No Class Today 9:45 Intervals KW</p> <hr/> <p style="text-align: center;">18 Open 1:00-5:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
19 5:35 IntervalsAD 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	20 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 5:20 10-10-10 AD/KW 6:00 TRX/Kickboxing KW	21 5:35 Strength TrainingAD 8:35 Kettlebell AMPD®AD 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	22 5:35 Boot Camp AD 8:35 POUND®MC 9:45 Zumba @ LP 9:45 Step Cardio AD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 5:00 Strength trainingMC 6:00 30 minute ThursdayMC	23 5:35 Piloxing® AD 8:35 HIGH FITNESS CS 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 YogaJS	24 8:30 Power Yoga JS 9:00 Boot CampMC/AD (Meet outside MSC) <hr/> 25 <p style="text-align: center;">Open 1:00-5:00pm</p>
26 5:35 Step CardioAD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba @ Toning LP 12:00 Switching DM 6:00 All ball circuit MC 7:00 Yoga JS	27 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 5:20 10-10-10 AD/KW 6:00 Strength Training KW	28 5:35 Body Bar CombatAD 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	29 5:35 20-20-20 AD 8:35 POUND®MC 9:45 Zumba @ LP 9:45 Step Cardio AD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 5:00 Strength trainingMC 6:00 30 minute ThursdayMC	30 5:35 Instructors Choice AD 8:35 HIGH FITNESS CS 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 Yoga JS	

Connect with the Mauldin Sports Center:

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Specialty Group Fitness Classes
Offered:



Questions? Please contact

Amanda Duffie
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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