



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

# Mauldin Sports Center October 2022

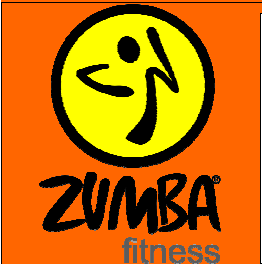
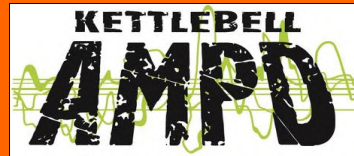
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><b>31 Happy Halloween</b></p> <p>5:35 Intervals..... AD            8:35 Mash-up..... AD            9:45 CYCLE..... LN            9:45 Zumba @ ..... LP/SD            12:00 Switching..... DM            6:00 HIIT..... MC            7:00 Yoga..... JS</p> <p style="text-align: center;"><b>Dress up in your favorite costume or Halloween colors</b></p>	<p><b>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</b></p> <p style="text-align: center;"><b>Done!</b></p>	<p><b><u>High Fitness is now Friday's at 8:35am</u></b></p> <p><b><u>Core &amp; Relaxation now at 9:45am</u></b></p>	<p><b><u>Now offering Hip-Hop Cycle on Sunday's at 1:15pm with Keith</u></b></p>	<p><b>1</b></p> <p>8:30 Power Yoga ..... JS            9:45 Strength Training..... KW</p> <hr/> <p><b>2</b></p> <p>1:15 Hip-Hop CYCLE..... KB</p> <p style="text-align: center;">Open 1:00-5:00pm</p>	
<p><b>3</b></p> <p>5:35 Step Cardio..... AD            8:35 20-20-20 ..... AD            9:45 CYCLE..... LN            9:45 Zumba @ Toning..... LP            12:00 Switching..... DM            6:00 All ball circuit..... MC            7:00 Yoga..... JS</p>	<p><b>4</b></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            5:20 10-10-10 ..... AD/KW            6:00 TRX/Kickboxing ..... KW</p>	<p><b>5</b></p> <p>5:35 Strength Training.....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><b>6</b></p> <p>5:35 Boot Camp..... 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 .....KW            6:00 30 minute Thursday.....KW</p>	<p><b>7</b></p> <p>5:35 Instructors choice..... AD            8:35 HIGH FITNESS ..... CS            9:45 Core + Relaxation ..... MC            11:00 Senior Yoga ..... NJ            5:45 Yoga..... JS</p>	
<p><b>10</b></p> <p>5:35 Intervals..... 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</p>	<p><b>11</b></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            5:20 10-10-10 ..... AD/KW            6:00 Strength Training..... KW</p>	<p><b>12</b></p> <p>5:35 Kettlebell AMPD @.....AD            8:35 Strength Training .....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><b>13</b></p> <p>5:35 20-20-20..... 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</p>	<p><b>14</b></p> <p>5:35 Barre Tone ..... AD            8:35 HIGH FITNESS ..... CS            9:45 Core + Relaxation ..... MC            11:00 Senior Yoga ..... NJ            5:45 Yoga..... JS</p>	
					<p><b>8</b></p> <p>8:30 Power Yoga ..... JS            9:45 20-20-20 .....AD/KW</p> <hr/> <p><b>9</b></p> <p>1:15 Hip-Hop CYCLE..... KB</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
					<p><b>15</b></p> <p>8:30 Power Yoga ..... JS            9:45 Intervals .....SP</p> <hr/> <p><b>16</b></p> <p>1:15 Hip-Hop CYCLE..... KB</p> <p style="text-align: center;">Open 1:00-5:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 Intervals .....AD 8:35 20-20-20 ..... AD 9:45 CYCLE ..... LN 9:45 Zumba@ Toning ..... LP 12:00 Switching ..... DM 6:00 HIIT ..... MC 7:00 Yoga ..... JS	18 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	19 5:35 Strength Training .....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 on the ball ..... JS	20 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 training .....MC 6:00 30 minute Thursday .....MC	21 5:35 Piloxing@ ..... AD 8:35 Mash-up ..... AD 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	22 8:30 Power Yoga ..... JS 9:45 20-20-20 ..... AD/KW 10:45 HIGH FITNESS ..... KP/CS Halloween Edition <hr/> 23 1:15 Hip-Hop CYCLE ..... KB  Open 1:00-5:00pm
24 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 circuit ..... MC 7:00 Yoga ..... JS	25 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 Strength Training ..... KW	26 5:35 RIPPED .....AD 8:35 Strength Training .....AD 9:45 Buns and Guns ..... MC 12:00 Switching ..... DM 5:00 CYCLE ..... LN 6:00 ZUMBA ..... SD 7:00 Yoga ..... JS	27 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 training .....MC 6:00 30 minute Thursday .....MC 7:00 HIGH FITNESS ..... KP Halloween Edition	28 5:35 Instructors Choice ..... AD 8:35 HIGH FITNESS ..... CS 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga ..... JS	29 9:00 Power Yoga ..... JS (Meet outside MSC) <hr/> 30 1:15 Hip-Hop CYCLE ..... KB  Open 1:00-5:00pm

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Specialty Group Fitness Classes  
 Offered:



**Questions? Please contact**  
 Amanda Duffie  
[aduffie@mauldinrecreation.com](mailto:aduffie@mauldinrecreation.com) or  
 864-335-4858

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

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 the purple  
 classes