

MAULDIN SPORTS CENTER

GROUP FITNESS CLASS DESCRIPTIONS

Refer to monthly schedule for classes and class times.

NOTE: classes are subject to change.

Questions?

Please contact:

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Cardio Classes:

30 Minute Thursday: This class can be anything! A high-intensity class full of cardio, strength, and agility exercises in a 30-minute time frame. It's designed for all fitness levels.

20-20-20: 20 Minutes of cardio, 20 minutes of strength training, and 20 minutes of core.

10-10-10: 10 Minutes of cardio, 10 minutes of strength training, and 10 minutes of core.

Barre Tone: Enhance your muscle tone, improve posture, increase flexibility, build your core, and boost your confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement. Barre Tone is not your traditional Barre as the tempo is a little quicker to elevate your heart rate. In Barre Tone you will use props such as light dumbbells, bender ball, Pilates balls, gliders, etc. This class is designed for all fitness levels. Class typically runs 45-60 minutes.

Boot Camp: This military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength.

Cycle: Take the ride of your life in any of our indoor cycling classes.

Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout.

Hip-Hop Cycle: Get ready to move, move, shake, and SWEAT to this super fun hiiipp hopppin' workout on the bike. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills to music hand-picked to motivate and inspire!

Intervals: This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training.

Instructors Choice: Don't worry! Is exactly what it sounds like! It is completely up to the instructor to pick what class they want to teach. It could range from yoga to boot camp, but you will they decide to teach until you arrive! This class is formatted for all fitness levels. Class typically runs 45-60 minutes.

Mash-Up: enjoy a fusion of any strength, cardio, or choreographed classes offered at MSC. As the music changes you change what format of exercises you are performing. Mash-up is for all fitness levels.

Piloxing® (60 minutes): A non-stop, cardio fusion of standing Pilates, boxing, and dancing that will push you past your limits for a sleek, sexy, powerful you!

Power Circuit (45 minutes): Fun and fast-moving 45 minute class that incorporate full-body strength and cardio exercises into a circuit of 6-15 exercises.

Step Cardio: A low impact, high intensity workout using an adjustable platform. This class mixes old school step moves with a modern twist. You can make it as intense as your body allows all while stepping to the beat.

TRX/Kickboxing Circuit: A functional workout comprised of suspension trainer exercises and kickboxing moves on the heavy bag for endurance, power, strength, and mobility. Be ready to take it to the next level with a fun but challenging workout.

Kickboxing Circuit and Kickboxing TRX Circuit alternate every other week on the group fitness schedule. Although training is slightly different you will work the same muscle groups in both classes.

R.I.P.P.E.D® (50 minutes): - The One Stop Body Shock™
This total body, high intensity style program utilizes free weights to masterfully combine the components of R.I.P.P.E.D -- resistance, intervals, power, plyometrics and endurance.
Thus, regular R.I.P.P.E.D participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

Tabata: Tabata training is a form of high intensity interval training. You will push yourself as hard as you can for 2- seconds and rest for 10 seconds until you complete eight sets of an exercise. This class typically only lasts 20-30 minutes max plus cool down and stretching.

POUND® (45 minutes): A full-body cardio jam session, combining light resistance with constant simulated drumming with up to 15,000 reps. We move through over 30 extended interval peaks and over 70 techniques effortlessly. You'll burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique - all while rocking out to your favorite music!

HIGH Fitness®: HIGH fitness has brought aerobics back in a hip and unique way. Think Old School Aerobics made Modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun! Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow fitness choreography.

HIIT: Expect a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

Dance Classes:

Zumba®: -A fusion of Latin and international music that combines high energy and motivating music with unique moves that allow participants to fade away their worries. Routines include aerobic fitness interval training with a mix of fast and slow rhythms that tone and sculpt the body.

Dance Classes (continued):

Zumba® Toning: It's a party with an extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged! Lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination, while toning target zones including arms, core and lower body.



Silver Sneakers® Classes:

Silver Sneakers® Circuit (60 minutes): Do you want to improve your muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are integrated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Strength Classes:

30 Minute Core: The exercises in this class are designed to engage all the muscles of the core to improve posture, balance, and overall function. Your core is sure to be on fire when you leave.

All Ball Circuit: A cardiovascular and strength circuit program using a bosu, stability balls, medicine balls, ballast balls, and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning systems into high gear.

Buns and Guns: This workout features glute and arm exercises. In order to get both an efficient and effective workout, you will target each area separately to avoid over-fatiguing one region, but will sometimes be completed as combo moves. Your "guns" include biceps and triceps. Your "buns" include your glutes.

Butts and Gutts: Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high-impact workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular. By combining elements of Pilates, strength training, BOSU, resistance bands and more, this class is sure to get your abs and glutes firmed up and well toned.

Core + Relaxation (45 minutes): You can expect core strengthening exercises with an integrated form of muscle relaxation. This may include stretching, foam rolling, and relaxation with scented towels. Make this a part of your recovery routine as it is a perfect way to reset your body. This is made for all fitness levels.

Kettlebell AMPD: This class takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area while still maintaining a whole-body routine.

Strength Classes (continued):

Strength Training: A complete body strengthening program designed to increase definition and tone while helping the prevention of injury using the principles of resistance training.

Switching: Get the best results in a short amount of time! This 30 minute standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning, and fat-burning benefits all in one workout.

Ultimate X-Training (60 minutes): This class combines TRX suspension training with various other equipment in a circuit format to give you an effective full-body workout. The mix of TRX suspension training and functional movements provide the ultimate workout to develop strength, endurance, balance, coordination, flexibility, power, and core stability.

Mind and Body Classes:

Barre Tone: Barre classes mix elements of pilates, dance, yoga, and functional training. The moves are choreographed to motivating and exciting music.

Barre Boot Camp: Inspired by ballet, this barre class is slightly higher in intensity than barre. Instructors will lead you through cardio drills that target arms, core, thighs, and booty to help you gain a long and lean, dancer's body.

Chair Yoga: Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. This class is ideal for students with limited mobility or healing from injury, but also appropriate for students of all levels.

Core-Fusion: A fusion class that combines core and pilates type movements in one class with the use of fitness circles, stability balls, mini balls, tubing, gliders, and foam rollers to give your entire body an exhilarating challenge.

Power Yoga (60 minutes): Ashtanga Yoga is designed to strengthen muscles, improve flexibility, respiration, and calm the mind so as to uplift the spirit.

Senior Yoga: This class is designed to help you safely improve your mobility, strength and balance, while teaching you how to relax and feel less stress and anxiety.

Tai Chi: Tai Chi is a Chinese exercise system that uses slow, smooth body movements, to achieve a state of relaxation for both the body and the mind.

Yoga: This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

Yoga on The Ball: A unique combination of Hatha Yoga asanas and ball work that builds lean muscles while providing natural stress relief. Includes a comprehensive workout adaptable to the needs of the beginner and those with a more advanced practice.