



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

Mauldin Sports Center December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><u>What's New:</u> <u>Ultimate X-Training and Power Circuit</u> <u>Friday's at 8:35am</u></p> <p><u>POUND rotating</u> <u>Wednesday's at 6:00pm</u></p>	<p>What's New:</p> <ul style="list-style-type: none"> ◇ Step intervals uses the step bench and weights for a full body workout ◇ Zumba with Shannon every other Wednesday morning at 9:45am 		<p>1</p> <p>5:35 HIIT 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>2</p> <p>5:35 Barre Tone..... AD 8:35 Ultimate X-Training BA 9:45 Core + Relaxation MC 11:00 Senior Yoga JS 5:45 Yoga..... JS</p>	<p>3</p> <p>8:30 Power Yoga JS 9:45 Step Cardio AD</p> <hr/> <p>4</p> <p>1:15 Hip-Hop CYCLE KB</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
<p>5</p> <p>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 Boot Camp MC 7:00 Yoga JS</p>	<p>6</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 Step intervals AD/KW 6:00 Strength Training..... KW</p>	<p>7</p> <p>5:35 Strength Training.....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>8</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 MC 6:00 30 minute Thursday..... MC</p>	<p>9</p> <p>5:35 Mash-up..... AD 8:35 Power Circuit BA 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 Yoga..... JS</p>	<p>10</p> <p>8:30 Power Yoga JS 9:45 Buns and Guns KW</p> <hr/> <p>11</p> <p>1:15 Hip-Hop CYCLE KB</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
<p>12</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 Circuit..... MC 7:00 Yoga JS</p>	<p>13</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 KW 6:00 TRX/Kickboxing KW</p>	<p>14</p> <p>5:35 Kettlebell AMPD @.....AD 8:35 Strength TrainingAD 9:45 Butts and Gutts MC 9:45 Zumba @ SD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 POUND@ KW/MC 7:00 Yoga JS</p>	<p>15</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>16</p> <p>5:35 Instructors Choice..... AD 8:35 Ultimate X-Training BA 9:45 Core + Relaxation MC 11:00 Senior Yoga NJ 5:45 No class tonight</p>	<p>17</p> <p>9:45 Power Circuit..... BA (Class will be at the rock wall)</p> <hr/> <p>18</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
19 5:35 Tabata/HIIT.....AD 8:35 20-20-20.....AD 9:45 CYCLE.....LN 9:45 Zumba @ Toning.....LP 12:00 Switching.....DM 6:00 Boot Camp.....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@ circuitDM 11:45 Chair Yoga.....RC 12:35 Tai Chi.....RC 5:20 Step Intervals.....AD/KW 6:00 Strength Training.....KW	21 5:35 Strength Training.....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 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@ circuitDM 11:45 Chair Yoga.....RC 5:00 Strength training.....KW 6:00 30 minute Thursday.....KW	23 5:35 Barre-Tone.....AD 8:35 No class today 9:45 No class today 11:00 No class today 5:45 Yoga.....JS	24 8:30 Power Yoga.....JS <hr/> 25 <p style="text-align: center;">Closed- Merry Christmas</p>
26 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	27 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 5:20 10-10-10.....AD/KW 6:00 TRX/Kickboxing.....KW	28 5:35 RIPPED.....AD 8:35 Strength Training.....AD 9:45 Butts and Gutts.....MC 9:45 Zumba @.....SD 12:00 Switching.....DM 5:00 CYCLE.....LN 6:00 POUND@.....KW 7:00 Yoga.....JS	29 5:35 HIIT.....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	30 5:35 Mash-up.....AD 8:35 Ultimate X-Training AD 9:45 Core + Relaxation.....MC 11:00 Senior Yoga.....NJ 5:45 Yoga.....JS	31 8:30 Power Yoga.....JS 9:45 Butts and Gutts.....KW <hr/> 1 <p style="text-align: center;">Closed- Happy New Year</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
 BA Brianna
 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

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