



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

# Mauldin Sports Center February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		<b>1</b> 5:35 Kettlebell AMPD @.....AD 8:35 Strength Training .....AD 9:45 Buns and Guns ..... MC 9:45 Zumba @ ..... SD 12:00 Switching..... DM 5:00 CYCLE ..... LN 6:00 Zumba @ ..... SD 7:00 Yoga ..... JS	<b>2</b> 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 ..... TB 5:00 Strength training ..... MC 6:00 30 minute Thursday..... MC	<b>3</b> 5:35 Piloxing..... AD 8:35 Power Circuit ..... BA 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	<b>4</b> 8:30 Power Yoga ..... JS 9:45 Survival of the fittest AD/ KW/BA (open to anyone-mandatory for SOTF) <hr/> <b>5</b> 1:15 Hip-Hop CYCLE ..... KB  Open 1:00-5:00pm
<b>6</b> 5:35 Interval Circuit ..... 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	<b>7</b> 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 30 minute STEP ..... AD/KW 6:00 Strength Training ..... KW	<b>8</b> 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 POUND@ ..... KW/MC 7:00 Yoga ..... JS	<b>9</b> 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 ..... TB 5:00 Strength training .....BA 6:00 30 minute Thursday.....BA	<b>10</b> 5:35 Barre + Core ..... AD 8:35 Power Circuit ..... BA 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	<b>11</b> 8:30 Power Yoga ..... JS 9:45 Survival of the fittest AD/ KW//MC/BA (open to anyone-mandatory for SOTF) <hr/> <b>12</b> 1:15 Hip-Hop CYCLE ..... KB  Open 1:00-5:00pm
<b>13</b> 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	<b>14</b> 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 30 minute STEP ..... AD/KW 6:00 TRX/Kickboxing ..... KW	<b>15</b> 5:35 Ultimate TRX.....AD 8:35 Strength Training .....AD 9:45 Buns and Guns ..... MC 9:45 Zumba @ ..... SD 12:00 Switching..... DM 5:00 CYCLE ..... LN 6:00 Zumba @ ..... SD 7:00 Yoga ..... JS	<b>16</b> 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 ..... TB 5:00 Strength training ..... MC 6:00 30 minute Thursday..... MC	<b>17</b> 5:35 Body Bar Combat ..... AD 8:35 Power Circuit ..... BA 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	<b>18</b> 8:30 Power Yoga ..... JS 9:45 Survival of the fittest AD/ KW//MC/BA (open to anyone-mandatory for SOTF) <hr/> <b>19</b> 1:15 Hip-Hop CYCLE ..... KB  Open 1:00-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>20</p> <p>5:35 Tabata/HIIT.....AD</p> <p>8:35 20-20-20..... BA</p> <p>9:45 CYCLE..... LN</p> <p>9:45 Zumba @ Toning..... LP</p> <p>12:00 Switching..... DM</p> <p>6:00 Boot Camp.....MC</p> <p>7:00 Yoga..... JS</p>	<p>21</p> <p>5:35 Cycle..... SP</p> <p>8:35 Piloxing@.....AD</p> <p>9:45 Zumba @.....LP</p> <p>9:45 CYCLE..... LN</p> <p>10:45 Silver Sneakers@ circuit DM</p> <p>11:45 Chair Yoga..... RC</p> <p>12:35 Tai Chi..... RC</p> <p>5:20 30 minute STEP.....AD/KW</p> <p>6:00 Strength Training..... KW</p>	<p>22</p> <p>5:35 Strength Training.....AD</p> <p>8:35 Kettlebell AMPD @.....AD</p> <p>9:45 Butts and Gutts..... MC</p> <p>12:00 Switching..... DM</p> <p>5:00 CYCLE..... LN</p> <p>6:00 POUND@.....KW/MC</p> <p>7:00 Yoga on the ball..... JS</p>	<p>23</p> <p>5:35 Boot Camp..... AD</p> <p>8:35 POUND@.....MC</p> <p>9:45 Zumba @..... LP</p> <p>9:45 Step Cardio..... AD</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga..... TB</p> <p>5:00 Strength training.....MC</p> <p>6:00 30 minute Thursday.....MC</p>	<p>24</p> <p>5:35 Barre-Tone..... AD</p> <p>8:35 Power Circuit..... BA</p> <p>9:45 Core + Relaxation..... MC</p> <p>11:00 Senior Yoga..... NJ</p> <p>5:45 Yoga.....JS</p>	<p>25</p> <p>8:30 Power Yoga.....JS</p> <p>9:45 Survival of the fittest AD/ KW//MC/BA (open to anyone-mandatory for SOTF)</p> <hr/> <p>26</p> <p>1:15 Hip-Hop CYCLE..... KB</p> <p>Open 1:00-5:00pm</p>
<p>27</p> <p>5:35 Step Cardio.....AD</p> <p>8:35 Barre Tone..... AD</p> <p>9:45 CYCLE..... LN</p> <p>9:45 Zumba @ Toning..... LP</p> <p>12:00 Switching..... DM</p> <p>6:00 All ball circuit.....MC</p> <p>7:00 Yoga..... JS</p>	<p>28</p> <p>5:35 Cycle..... SP</p> <p>8:35 Piloxing@.....AD</p> <p>9:45 Zumba @.....LP</p> <p>9:45 CYCLE..... LN</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga..... RC</p> <p>12:35 Tai Chi..... RC</p> <p>5:20 30 minute STEP.....AD/KW</p> <p>6:00 TRX/Kickboxing..... KW</p>				

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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  
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  
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